

THE PREP

May 29th - June 4th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Nonstick cooking spray
- Chili powder
- Ground cumin
- Garlic powder
- Dried oregano
- Honey

Grocery

- 1 (1-oz.) package 30%-less-sodium taco seasoning (such as McCormick)
- 1 (15-oz.) can no-salt-added tomato sauce
- 1 (15-oz.) can black beans
- 1 (3-oz.) jar capers
- 1 (12-oz.) jar pickled jalapeños
- 1 (14-oz.) package extra-firm tofu
- 1 (100-mL) bottle bourbon
- 1 (8-oz.) bottle pineapple juice
- 1 (8-oz.) container tzatziki
- 4 small hamburger buns, preferably whole-wheat
- 1 (16-oz.) package frozen chopped spinach

Produce

- 1 head garlic
- 4 large red onions
- 1 medium yellow onion
- 2 medium Roma tomatoes

- 1 pint grape tomatoes
- 2 medium bell peppers
- 1 serrano or jalapeño pepper
- 1 medium cucumber
- 1 (10-oz.) container mixed salad greens
- 6 medium ears corn
- 4 medium zucchini
- 1 bunch radishes
- 1 lb. Yukon Gold potatoes
- 1 ½ lbs. russet potatoes
- 2 lemons
- 5 limes
- 1 medium pineapple
- 2 medium ripe avocados
- 1 bunch scallions
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch parsley

Dairy, Milk & Eggs

- 1 (5-oz.) container finely shredded Parmesan cheese
- 1 (8-oz.) package shredded Mexican cheese
- 1 (5-oz.) container crumbled feta cheese
- 6 eggs

Meat, Poultry & Seafood

- 12 thin 4-inch-round slices lower-sodium cooked ham
- 1¼ lbs. center-cut salmon fillet
- 1 lb. boneless thin-cut pork chops
- 1 ¾ lbs. bone-in, skin-on chicken thighs
- 1 lb. lean ground turkey