

THE PREP

June 5th - June 11th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Dijon mustard
- Cider vinegar
- Honey
- All-purpose flour
- Italian seasoning
- Onion powder
- Garlic powder
- Crushed red pepper
- Garlic powder
- Cumin
- Salt-free garlic-and-herb seasoning blend (such as Mrs. Dash)

Grocery

- 1 (15-oz.) can no-salt-added chicken broth
- 2 (15-oz.) cans low-sodium "no-chicken" broth or chicken broth
- 1 (16-oz.) package whole-wheat rotini
- 1 (16-oz.) package whole-wheat fettuccine
- 1 (18-oz.) container old-fashioned rolled oats
- 4 whole-grain hamburger buns
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (16-oz.) jar tahini
- 1 (16-oz.) jar natural peanut butter (or other nut butter)
- 1 (8-oz.) container white miso
- 1 (8-oz.) package pistachios
- 1 (16-oz.) package mini chocolate chips
- 1 (16-oz.) package unsweetened shredded coconut
- 1 (750-mL.) bottle elderflower liqueur
- 1 (750-mL.) bottle chilled Champagne or prosecco

Produce

- 1 small red onion
- 1 head garlic
- 3 large zucchini
- 1 large red bell pepper
- 1 (5-oz.) container baby kale or baby spinach
- 1 (5-oz.) container arugula
- 2 medium romaine lettuce hearts
- 2 pints cherry tomatoes
- 2 medium Persian cucumbers
- 3 ears corn
- 1 medium tomato
- 3 lemons
- 2 bunches basil
- 1 bunch parsley
- 1 bunch scallions
- 1 (0.75-oz.) container mint
- 1 (0.75-oz.) container chives
- 1 (0.75-oz.) container dill

Dairy, Milk & Eggs

- 1 stick salted butter
- 1 stick unsalted butter
- 1 (8-oz.) bottle whole milk
- 1 (5-oz.) container whole-milk plain yogurt
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (4-oz.) package feta cheese

Meat, Poultry & Seafood

- 4 (6-oz.) skinless salmon fillets
- 2 lbs. boneless, skinless chicken breast
- 4 large bone-in chicken thighs (1 ¾-2 lbs.)
- 12 oz. sustainably sourced peeled and deveined raw shrimp (26-30 per pound)