

THE PREP

June 19th - June 25th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cooking spray
- Italian seasoning
- Onion powder
- Garlic powder
- Crushed red pepper
- All-purpose flour
- White whole-wheat flour
- Baking powder
- Baking soda
- Cornstarch
- Granulated sugar
- Honey
- Vanilla extract

Grocery

- 3 (8-oz.) packages cooked brown rice
- 1 (16-oz.) box whole-wheat rotini
- 2 (15-oz.) cans low-sodium "no-chicken" broth or chicken broth
- 1 (15-oz.) can low-sodium vegetable broth
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (10-oz.) jar oil-packed sun-dried tomatoes
- 1 (8-oz.) container pesto
- 1 package (8-in.) whole-wheat pitas
- 1 lb. prepared whole-wheat pizza dough
- 1 (8-oz.) bottle balsamic glaze
- 1 (750-mL) bottle dry white wine

Produce

- 1 head garlic
- 2 medium shallots
- 2 medium red onions
- 1 (16-oz.) package spiralized zucchini noodles

- 1 (10-oz.) package baby kale or baby spinach
- 1 (10-oz.) package baby spinach
- 1 medium head broccoli
- 1 medium red bell pepper
- 2 medium plum tomatoes
- 2 pints baby heirloom tomatoes
- 1 medium cucumber
- 2 medium lemons
- 1 bunch basil
- 1 (0.75-oz.) container parsley
- 1 (0.75-oz.) container oregano
- 2 ripe bananas
- 1 pint strawberries
- 2 large ripe peaches

Dairy, Milk & Eggs

- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (8-oz.) ball mozzarella cheese
- 2 ounces soft goat cheese
- 2 (5-oz.) containers nonfat plain Greek yogurt
- 1 pint heavy cream
- 1 (8-oz.) package reduced-fat cream cheese
- 1 stick unsalted butter
- 1 large egg

Meat, Poultry & Seafood

- 1 ¼ lbs. salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. chicken cutlets
- 1 lb. ground lamb or ground beef
- 4 thin slices prosciutto