

# THE PREP

July 3rd - July 9th, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Sherry vinegar
- White balsamic vinegar
- Red-wine vinegar
- Honey
- Dijon mustard
- Mayonnaise
- Ground cumin

## Grocery

- 1 (2.5-oz.) package toasted pine nuts
- 1 (11-oz.) bag baked tortilla chips
- 1 (6-oz.) jar roasted red peppers
- 1 (15-oz.) can no-salt-added black beans
- 1 (15-oz.) can low-sodium cannellini beans
- 2 (5-oz.) cans salmon
- 1 (8-oz.) tub fresh pesto
- 1 (16-in.) whole-wheat baguette
- 1 (8-oz.) package unsalted hazelnuts
- 1 (16-oz.) bottle orange juice or tangerine juice (fresh or refrigerated, not from concentrate)
- 2 (1-ltr.) bottles plain sparkling or still water
- 1 (16-oz.) bag frozen fire-roasted corn
- 1 (16-oz.) bag frozen tropical fruit medley
- 1 (750-mL) bottle vodka or gin (optional)

## Produce

- 2 medium shallots
- 1 head garlic
- 1 (3-in.) piece ginger

- 7 lemons
- 3 limes
- 2 (10-oz.) containers mixed greens
- 1 (10-oz.) container arugula
- 4 pints cherry or grape tomatoes
- 2 large carrots
- 1 large bunch kale
- 1 small head red cabbage
- 1 bunch celery
- 6 avocados
- 1 (24-oz.) bag miniature bell peppers
- 1 large yellow bell pepper
- 1 small jalapeño pepper
- 1 medium cucumber
- 1 small cantaloupe
- 4 chocolate-dipped strawberries
- 1 medium orange
- 1 medium mango
- 1 bunch scallions
- 1 bunch basil
- 1 bunch parsley
- 1 bunch cilantro
- 1 (0.75-oz.) container chives
- 1 (0.75-oz.) container thyme

## Dairy, Milk & Eggs

- 1 (32-oz.) carton nonfat plain Greek yogurt
- 1 (16-oz.) bottle low-fat kefir
- 2 (16-oz.) packages mozzarella pearls
- 1 (8-oz.) block Colby Jack cheese

## Meat, Poultry & Seafood

- 2 cooked chicken breasts (from the deli section)
- 6 thin slices prosciutto