

THE PREP

July 10th - July 16th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Cooking spray
- Canola oil
- Chipotle chile powder
- Paprika
- Ground cumin
- Garlic powder
- Mayonnaise
- Ketchup
- Steak sauce

Grocery

- 1 (1-lb.) box whole-wheat penne pasta
- 1 (1-lb.) box gluten-free penne pasta or whole-wheat penne pasta
- 1 lb. whole-wheat pizza dough
- 4 whole-wheat buns
- 1 (8-oz.) package corn tortillas
- 1 (16-oz.) bottle sweet pickle relish
- 1 (5-oz.) tub pesto
- 1 (5-oz.) tub pico de gallo
- 1 (8-oz.) container roasted red pepper hummus
- 1 (15-oz.) can coconut milk
- 1 (16-oz.) bag unsweetened coconut
- 1 (16-oz.) bag marshmallows
- 1 (8-oz.) jar chocolate-hazelnut spread, like nutella
- 1 (16-oz.) package lemon thins
- 1 (750-mL.) bottle dry white wine
- 1 (375-mL.) bottle dark rum, such as Meyer's

Produce

- 2 lemons
- 1 lime
- 1 head garlic
- 2 medium red onions
- 1 head iceberg lettuce
- 2 cups cherry tomatoes
- 1 medium plum tomato
- 2 medium yellow squash
- 4 portobello mushroom caps
- 1 medium tomato
- 1 medium avocado
- 1 (10-oz.) container fresh spinach
- 1 (8-oz.) package strawberries
- 1 (16-oz.) package zucchini noodles
- 1 (16-oz.) bag frozen pineapple
- 1 bunch basil
- 1 bunch cilantro

Dairy, Milk & Eggs

- 1 (12-oz.) package sliced American cheese
- 1 (½-pt.) heavy cream
- 1 (5-oz) tub grated Parmesan cheese
- 1 (5-oz) tub cup crumbled feta cheese
- 1 (5-oz) tub pearl-size or mini mozzarella balls

Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. peeled, deveined large shrimp
- 1 lb. boneless, skinless chicken breast or thighs