

# THE PREP

July 17<sup>th</sup> - 23<sup>rd</sup>, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Dijon-style mustard
- Crushed red pepper
- Italian seasoning
- Onion powder
- Garlic powder

## Grocery

- 1 (1-lb.) box whole-wheat rotini pasta
- 1 lb. whole-wheat pizza dough
- 4 (8-oz.) packages cooked brown rice
- 1 (16-oz.) container seasoned fine dry bread crumbs
- 2 (15-oz.) cans low-sodium “no-chicken” broth or chicken broth
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (4-oz.) jar capers
- 1 (10-oz.) jar pitted kalamata olives
- 1 (8-oz.) bottle balsamic glaze
- 1 (750-mL.) bottle white tequila
- 1 (32-oz.) bottle pineapple juice
- 1 (8-oz.) bottle orange juice

## Produce

- 2 heads garlic
- 1 small red onion
- 1 lb. fingerling potatoes
- 8 oz. fresh green beans
- 1 (10-oz.) container baby kale or baby spinach

- 1 (1-lb.) bag spinach
- 2 medium red bell peppers
- 2 medium orange bell peppers
- 1 medium yellow bell pepper
- 1 small fennel bulb
- 4 small heirloom tomatoes
- 2 pints cherry tomatoes
- 1 bunch parsley
- 1 bunch oregano
- 1 bunch basil
- 4 lemons
- 7 limes

## Dairy, Milk & Eggs

- 1 (5-oz.) container shaved Parmesan cheese
- 1 (8-oz.) ball fresh mozzarella cheese
- 1 (5-oz.) block feta cheese
- 6 large eggs

## Meat, Poultry & Seafood

- 1 lb. peeled and deveined shrimp (21-30 count)
- 4 skinless, boneless chicken breast halves (about 1 ¼ lbs. total)
- 1 (12-oz.) package Italian-style smoked chicken sausage (such as Aidells)
- 4 (5- to 6-oz.) fresh or frozen skinless salmon fillets

