

THE PREP

July 24th - July 30th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Red-wine vinegar
- Dijon mustard
- Garlic powder
- Natural peanut butter or other nut butter
- Honey

Grocery

- 1 (16-in.) whole-wheat baguette
- 1 (16-oz.) box whole-wheat rotini
- 2 (8-oz.) packages frozen or refrigerated cheese ravioli
- 1 (16-oz.) package frozen rice cauliflower
- 1 (15-oz.) can white beans
- 1 (5-oz.) jar capers
- 1 (8-oz.) container pesto
- 1 (14-oz.) can artichoke hearts
- 1 (16-oz.) jar oil-packed sun-dried tomatoes
- 1 (16-oz.) bottle green goddess yogurt dressing
- 1 (16-oz.) bottle balsamic glaze
- 1 (16-oz.) bottle agave nectar
- 1 (18-oz.) container rolled oats
- 1 (16-oz.) bag mini chocolate chips
- 1 (8-oz.) package dried blueberries
- 1 (16-oz.) bottle seltzer, preferably with peach essence

- 1 (750-mL) bottle dry white wine
- 1 (750-mL) bottle moscato wine
- 1 (750-mL) bottle peach schnapps

Produce

- 1 head garlic
- 1 medium shallot
- 3 (16-oz.) packages spiralized zucchini noodles
- 2 pints grape tomatoes
- 1 small tomato
- 1 (10-oz.) package baby spinach
- 1 (10-oz.) package mixed salad greens
- 1 (10-oz.) bag kale-and-broccoli slaw mix
- 3 medium peaches
- 2 lemons
- 1 bunch basil
- 1 bunch parsley

Dairy, Milk & Eggs

- 1 stick unsalted butter
- ½ pint heavy cream
- 1 (8-oz.) bottle reduced-fat milk
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) bag shredded part-skim mozzarella cheese
- 1 (8-oz.) package reduced-fat cream cheese

Meat, Poultry & Seafood

- 2 lbs. chicken cutlets
- 1 lb. dry sea scallops