

# THE PREP

July 31st - August 6th, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- All-purpose flour
- Baking powder
- Ground cinnamon
- Vanilla extract
- Granulated sugar
- Brown sugar

## Grocery

- 1 (8-oz.) bottle balsamic glaze
- 1 (16-oz.) bottle agave nectar
- 1 (16-oz.) bottle poppy seed dressing
- 1 (8-ct.) package corn tortillas
- 1 (15-oz.) can refried beans
- 1 (6-oz.) can tomato paste
- 1 (5-oz.) container pico de gallo
- 1 (18-oz.) container oats
- 1 (8-oz.) package chopped toasted pecans
- 1 (2-oz.) package chopped toasted pecans (optional)
- 1 (1-lb.) package refrigerated cheese tortellini
- 2 (10-oz.) packages frozen cauliflower gnocchi

- 1 (750-mL.) bottle white tequila (such as Patrón Silver)
- 1 (750-mL.) bottle orange liqueur (such as Cointreau)

## Produce

- 1 head garlic
- 4 ears corn
- 2 medium heads broccoli
- 2 medium tomatoes
- 3 pints cherry tomatoes
- 1 (5-oz.) container mixed salad greens
- 2 ripe bananas
- 1 pint fresh blueberries
- 1 pint strawberries
- 1 lemon
- 8 limes
- 2 bunches basil

## Dairy, Milk & Eggs

- 1 (8-oz.) container small mozzarella balls, such as pearls, bocconcini or ciliegine
- 1 (4-oz.) log goat cheese
- 1 (8-oz.) bottle low-fat milk
- 2 large eggs

## Meat, Poultry & Seafood

- 1 whole wild salmon fillet (about 1 ½ pounds)
- 2 (8-oz.) boneless, skinless chicken breasts
- 1 (8-oz.) cooked chicken breast
- 2 oz. sopressata or salami