

# THE PREP

August 14th - August 20th, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Cooking spray
- Canola oil
- Pure maple syrup or honey
- Granulated sugar
- Vanilla extract
- 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 pound whole-wheat pizza dough
- 4 whole-wheat burger 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 (16-oz.) bag mini chocolate chips
- 2 (16-oz.) bags frozen sliced peaches
- 1 (750-mL) bottle dry white wine
- 1 (750-mL) bottle triple sec
- 1 (375-mL) bottle tequila

## Produce

- 2 lemons
- 6 limes
- 1 head garlic
- 2 medium red onions
- 1 head iceberg lettuce
- 2 cups cherry tomatoes
- 1 medium plum tomato
- 1 large tomato
- 2 medium yellow summer squash
- 4 portobello mushroom caps
- 1 head red cabbage
- 1 medium avocado
- 1 (10-oz.) container spinach
- 1 (16-oz.) package strawberries
- 1 (16-oz.) package zucchini noodles
- 1 bunch basil
- 1 bunch cilantro

## Dairy, Milk & Eggs

- 1 (12-oz.) package sliced American cheese
- ½ pint 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
- 1 (32-oz.) tub whole-milk plain Greek yogurt

## Meat, Poultry & Seafood

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