

THE PREP

February 5th - 11th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Granulated sugar
- Confectioners' sugar
- Vanilla extract
- White whole-wheat flour
- Baking powder

Grocery

- 1 (15-oz.) can refried beans
- 1 (15-oz.) can red enchilada sauce
- 1 (18-oz.) container pico de gallo
- 1 (8-oz.) container pesto
- 1 (8-ct.) package corn tortillas
- 1 lb. refrigerated cheese tortellini
- 2 (10-oz.) packages frozen cauliflower gnocchi
- 2 (8-oz.) packages frozen or refrigerated cheese ravioli
- 1 (10-oz.) package frozen cauliflower rice
- 1 (8-oz.) bottle balsamic glaze
- 1 (8-oz.) bottle hot honey
- 1 (750-mL) bottle triple sec

- 1 (750-mL) bottle tequila or mezcal
- 1 (750-mL) bottle dry white wine

Produce

- 1 head garlic
- 1 (2½- to 3-lb.) spaghetti squash
- 1 medium zucchini
- 2 pints mixed mushrooms
- 4 pints cherry tomatoes
- 1 (5-oz.) package baby spinach
- 2 cups fresh blueberries
- 3 limes
- 3 lemons
- 1 bunch basil
- 1 (0.75-oz.) container parsley

Dairy, Milk & Eggs

- 1 (8-oz.) package shredded pepper Jack cheese
- 1 (10-oz.) container small mozzarella balls
- 1 (15-oz.) container part-skim ricotta cheese
- ½ pint heavy cream
- 1 stick unsalted butter
- 3 large eggs

Meat, Poultry & Seafood

- 2 (8-oz.) boneless, skinless chicken breasts
- 4 (4- to 5-oz.) chicken cutlets