

THE PREP

February 26th - March 4th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Olive oil
- Avocado or canola oil
- Chipotle chile powder
- Paprika
- Ground cumin
- Garlic powder
- Crushed red pepper
- Dried oregano
- Ground cinnamon
- Vanilla extract
- Light brown sugar
- Granulated sugar
- Honey
- White whole-wheat flour
- Baking powder
- Baking soda

Grocery

- 1 (6-oz.) package chopped walnuts
- 1 (8-ct.) package corn tortillas
- 1 (24-oz.) package frozen or refrigerated cheese ravioli
- 1 (8-oz.) package pre-cooked brown rice
- 1 (16-oz.) package whole-wheat orzo
- 1 (16-oz.) package whole-wheat fettuccine
- 1 (15-oz.) can chickpeas
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (15-oz.) can vegetable broth
- 1 (16-oz.) jar coconut curry simmer sauce
- 1 (16-oz.) jar creamy natural peanut butter
- 1 (5-oz.) container pesto
- 1 (16-oz.) container pico de gallo

- 1 (750-mL.) bottle gin
- 1 (750-mL.) bottle white wine
- 1 bottle lavender bitters, such as Scrappy's

Produce

- 1 head garlic
- 1 medium red onion
- 1 medium onion
- 1 small head red cabbage
- 1 medium bell pepper
- 1 medium plum tomato
- 1 medium zucchini
- 2 (16-oz.) package spiralized zucchini
- 1 (10-oz.) container baby spinach
- 1 (5-oz.) container arugula
- 1 avocado
- 3 lemons
- 1 lime
- 2 medium bananas
- 1 bunch cilantro
- 1 bunch basil

Dairy, Milk & Eggs

- 6 eggs
- 1 stick unsalted butter
- 1 pt. container heavy cream
- 1 (5-oz.) container plain whole-milk Greek yogurt
- 1 (5-oz.) container whole-milk plain yogurt
- 1 (8-oz.) container small fresh mozzarella balls
- 1 (5-oz.) container grated Parmesan cheese

Meat, Poultry & Seafood

- 2 lbs. chicken cutlets
- 1 lb., plus 12 oz. peeled, deveined large shrimp
- 1 lb. lean ground beef