

THE PREP

March 12th - 18th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cooking spray
- White balsamic vinegar
- Cider vinegar
- Cornstarch
- All-purpose flour
- Granulated sugar
- Garlic powder
- Dried oregano
- Dried thyme

Grocery

- 1 (16-in.) whole-wheat baguette
- 4 small whole-wheat hamburger buns
- 1 (1-lb.) box whole-wheat spaghetti
- 1 (1-lb.) box whole-wheat fusilli or rotini
- 1 (32-oz.) container whole-wheat orzo
- 1 (16-oz.) bag brown rice
- 1 (6-oz.) box quick-cooking wild rice blend
- 2 (32-oz.) containers reduced-sodium chicken broth
- 1 (4-oz.) jar capers
- 1 (15-oz.) can white beans
- 1 (8-oz.) container tzatziki
- 1 (16-oz.) package frozen chopped spinach
- 1 (16-oz.) package frozen peas
- 1 (16-oz.) bottle agave nectar
- 1 (750-mL) bottle white tequila
- 1 (750-mL) bottle orange liqueur
- 1 (750-mL) bottle white wine

Produce

- 1 head garlic
- 2 medium shallots
- 1 medium onion
- 1 medium red onion
- 3 medium leeks
- 3 medium heads broccoli
- 2 medium zucchini
- 1 medium cucumber
- 1 lb. spinach
- 1 (10-oz.) container baby spinach
- 1 lb. asparagus
- 8 oz. sugar snap peas
- 2 medium red bell peppers
- 1 (8-oz.) package cremini mushrooms
- 1 large red potato
- 2 large Yukon Gold potatoes
- 5 limes
- 3 lemons
- 1 pint fresh strawberries
- 1 bunch scallions
- 1 bunch basil
- 1 (0.75-oz.) package parsley

Dairy, Milk & Eggs

- 1 stick butter
- 8 large eggs
- 1 pint low-fat milk
- ½ pint whipping cream
- 1 (5-oz.) container finely shredded Parmesan cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) container crumbled feta cheese

Meat, Poultry & Seafood

- 1¼ lbs. boneless, skinless chicken breasts
- 1 lb. boneless, skinless chicken thighs
- 1 lb. 93% lean ground turkey
- 1 lb. peeled and deveined raw shrimp (21-30 per pound)
- 2 oz. sliced prosciutto