

# THE PREP

March 19<sup>th</sup> - 25<sup>th</sup>, 2022 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Balsamic vinegar
- Dijon mustard
- Granulated sugar
- Curry powder

## Grocery

- 1 (8-oz.) container fresh pesto
- 1 (1-lb.) box whole-wheat rotini or farfalle pasta
- 1 (1-lb.) box whole-wheat penne pasta
- 1 (10-oz.) box whole-wheat couscous
- 1 (18-oz.) container rolled oats
- 1 (32-oz.) container low-sodium vegetable broth or chicken broth
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (16-oz.) jar soft sun-dried tomatoes
- 1 (8-oz.) package pitted Medjool dates
- 1 (16-oz.) jar smooth natural peanut butter
- 1 (10-oz.) container chopped unsalted dry-roasted peanuts
- 1 (16-oz.) bag bittersweet chocolate chips
- 1 (16-oz.) bag frozen peas
- 1 (10-oz.) bag frozen broccoli florets
- 1 (750-mL.) bottle dry white wine
- 1 (750-mL.) bottle vodka
- 4 (12-oz.) cans ginger beer

## Produce

- 1 head garlic
- 3 medium shallots
- 2 medium red onions
- 1 (5-oz.) container arugula
- 1 (16-oz.) package spiralized zucchini
- 1 medium zucchini
- 1 medium yellow squash
- 1 medium plum tomato
- 2 medium cucumbers
- 2 cups cherry tomatoes
- 5 medium lemons
- 4 limes
- 2 bunches basil
- 1 bunch parsley
- 1 (0.75-oz.) container cilantro
- 1 (0.75-oz.) container dill

## Dairy, Milk & Eggs

- 1 (5-oz.) container shredded Pecorino Romano cheese
- 2 (5-oz.) containers grated Parmesan cheese
- 2 (5-oz.) containers pearl-size or baby fresh mozzarella balls
- 1 (½-pt.) heavy cream
- 1 (5-oz.) container low-fat plain yogurt
- 1 stick unsalted butter
- 7 large eggs

## Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. large dry sea scallops (about 16 scallops)
- 1¼ lbs. sustainable wild or farmed salmon