

THE PREP

March 26th - April 1st, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Balsamic vinegar
- Whole-grain dijon mustard
- Honey
- Pure maple syrup
- Granulated sugar
- Vanilla extract
- Baking powder
- Lemon pepper
- Ground coriander
- Garlic powder
- Dried oregano
- Ground cinnamon

Grocery

- 1 (16-in.) whole-wheat baguette
- 4 small whole-wheat hamburger buns
- 1 (28-oz.) container old-fashioned rolled oats
- 1 (8-oz.) package cooked quinoa
- 1 (28-oz.) container dried orzo pasta
- 1 (1-lb.) box whole-wheat spaghetti
- 1 (8-oz.) container fresh pesto
- 1 (8-oz.) container tzatziki
- 1 (32-oz.) container reduced-sodium chicken broth, “no-chicken” broth or vegetable broth
- 1 (8-oz.) containers panko
- 2 (16-oz.) bags frozen peas
- 1 (16-oz.) bag frozen spinach
- 1 (750-mL.) white tequila
- 1 (750-mL.) Triple Sec

Produce

- 1 head garlic
- 1 medium red onion
- 1 medium onion
- 1 small shallot
- 1 (5-oz.) container mixed greens
- 1 (5-oz.) container arugula
- 1 (5-oz.) container baby spinach
- 2 lbs. small zucchini
- 1 (16-oz.) package spiralized zucchini
- 12 oz. baby Yukon Gold potatoes
- 1 lb. fresh asparagus
- 1 (1-lb.) bag carrots
- 1 pint cherry tomatoes
- 1 bunch celery
- 1 medium cucumber
- 6 lemons
- 5 limes
- 5 blood oranges
- 1 pint blueberries
- 1 medium avocado
- 1 bunch parsley
- 1 (0.75-oz.) container dill
- 1 (0.75-oz.) container basil
- 1 (0.75-oz.) container chives
- 1 (0.75-oz.) container thyme

Dairy, Milk & Eggs

- 1 stick unsalted butter
- 1 stick butter
- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (½-pt.) low-fat milk
- 1 large egg

Meat, Poultry & Seafood

- 1 rotisserie chicken
- 2 (8-oz.) boneless, skinless chicken breasts
- 1 lb. 93% lean ground turkey
- 4 (6-oz.) skin-on salmon fillets
- 1 lb. peeled and deveined large shrimp (16-20 count)