

THE PREP

April 2nd - 9th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Honey
- Superfine sugar

Grocery

- 2 (15-oz.) cans cannellini beans
- 1 (15-oz.) can refried beans
- 1 (8-oz.) container pesto
- 1 (16-oz.) container pico de gallo
- 1 (8-oz.) bottle green goddess yogurt dressing
- 1 (8-oz.) box chickpea cavatappi pasta
- 1 (16-oz.) package refrigerated cheese tortellini
- 1 (5.5-oz.) box Parmesan-style risotto
- 1 (8-ct.) package corn tortillas
- 1 (18-oz.) container rolled oats

- 1 (16-oz.) jar natural peanut butter or other nut butter
- 1 (16-oz.) bag mini chocolate chips
- 1 (12-oz.) bag dehydrated blueberries
- 1 (5- to 6-oz.) frozen cauliflower pizza crust
- 1 (750-mL) bottle white rum
- 1 (20-oz.) bottle club soda

Produce

- 1 (10-oz.) Caesar salad kit
- 1 (10-oz.) bag kale-and-broccoli slaw mix
- 1 head broccoli
- 2 pints cherry tomatoes
- 1 bunch basil
- 1 bunch mint
- 5 limes

Dairy, Milk & Eggs

- 1 (4-oz.) log garlic-and-herb-flavored goat cheese

Meat, Poultry & Seafood

- 1 rotisserie chicken breast