

THE PREP

April 9th - 15th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Grapeseed oil
- Cider vinegar
- Rice vinegar
- Hot sauce
- Lower-sodium tamari
- Honey
- Granulated sugar
- Cornstarch
- All-purpose flour
- Garlic powder
- Dried oregano

Grocery

- 1 (24-oz.) package frozen or refrigerated cheese ravioli
- 1 (16-oz.) box whole-wheat orzo
- 2 (8-oz.) packages pre-cooked microwaveable brown rice
- 1 (8-oz.) package pre-cooked farro
- 1 (18-oz.) box sweetened oat cereal flakes with raisins
- 1 (18-oz.) container quick-cooking rolled oats
- 1 (8-oz.) package dried apples
- 1 (16-oz.) jar chunky peanut butter
- 1 (16-oz.) bottle light barbecue sauce (such as Annie's Organic)
- 2 (15-oz.) cans low-sodium chicken broth
- 2 (28-oz.) cans no-salt-added crushed tomatoes
- 1 (8-oz.) block baked tofu
- 2 (15-oz.) cans chickpeas
- 1 (2-oz.) package sesame seeds
- 1 (8-ct.) package corn tortillas
- 1 (8-oz.) container pesto
- 1 (8-oz.) bottle pineapple juice

- 1 (32-oz.) bottle pink or red grapefruit juice
- 1 (750-mL.) bottle gin
- 1 (4-oz.) bottle Angostura bitters (optional)
- 1 (750-mL.) bottle white wine

Produce

- 1 head garlic
- 1 medium yellow onion
- 1 medium shallot
- 1 (1-in.) piece fresh ginger
- 1 (8-oz.) package sliced mushrooms
- 2 (5-oz.) containers baby spinach
- 2 (11-oz.) containers spiralized zucchini
- 2 pints grape or cherry tomatoes
- 1 bunch asparagus
- ½ cup snap or snow peas
- 1 bunch radishes
- 2 heads broccoli
- 1 head red cabbage
- 2 lemon
- 1 bunch cilantro
- 1 bunch scallions
- 1 bunch dill
- 1 bunch parsley

Dairy, Milk & Eggs

- 2 eggs
- 1 stick butter
- 1 stick unsalted butter
- ½ pint heavy cream
- 1 (5-oz.) container non-fat plain Greek yogurt
- 1 (5-oz.) container plain whole-milk yogurt
- 1 (5-oz.) container grated Parmesan cheese

Meat, Poultry & Seafood

- 1¼ lbs. center-cut salmon
- 1 lb., 6 oz. boneless, skinless chicken breasts
- 1 lb. peeled and deveined large shrimp