

# THE PREP

April 23rd - 29th, 2022 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Dijon mustard
- Ground cumin
- Ground coriander
- Chili powder
- Ancho chile powder
- Paprika
- Garlic powder
- Pure maple syrup
- Vanilla extract

## Grocery

- 2 (8-oz.) packages cooked brown rice, or 1 (1-lb.) bag uncooked brown rice
- 1 (16-oz.) package whole-wheat orzo
- 8 (6-inch) fajita-size corn or flour tortillas
- 1 (16-in.) whole-wheat baguette
- 1 (15-oz.) can black beans
- 1 (32-oz.) can crushed tomatoes
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (18-oz.) container rolled oats
- 1 (16-oz.) bag salted pretzels
- 1 (4-oz.) package finely chopped peanuts
- 1 (16-oz.) package mini chocolate chips
- 1 (8-oz.) package chia seeds
- 1 (16-oz.) jar natural peanut butter
- 1 (8-oz.) jar seedless blackberry jam or preserves
- 1 (750-mL.) bottle tequila
- 1 (750-mL.) bottle orange liqueur (such as triple sec)
- 4 (12-oz.) cans lime-flavored sparkling water (such as LaCroix)

## Produce

- 2 heads garlic
- 1 medium yellow onion
- 1 medium red onion
- 2 medium shallot
- 3 large poblano peppers
- 1 English cucumber
- 1 (10-oz.) package mixed salad greens
- 1 (5-oz.) package spinach
- 3 medium ears corn
- 1 pint grape tomatoes
- 1 bunch asparagus
- 4 cups sugar snap peas
- 4 medium avocados
- 6 limes
- 2 lemons
- 1 pint fresh blackberries
- 1 bunch scallions
- 2 bunches cilantro
- 1 bunch dill
- 1 (0.75-oz.) package mint
- 1 (0.75-oz.) package thyme
- 1 (0.75-oz.) package basil

## Dairy, Milk & Eggs

- 1 stick butter
- 1 pint heavy cream
- 4 large eggs
- 1 (8-oz.) container sour cream

## Meat, Poultry & Seafood

- 1 lb. boneless, skinless chicken thighs (4 pieces)
- 1 lb. center-cut salmon fillet, preferably wild, cut into 4 portions
- 1 lb. peeled and deveined raw shrimp (21-25 per pound)
- 1 lb. boneless, skinless chicken breasts

