

# THE PREP

April 30th - May 6th, 2022 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Curry powder
- Salt-free South-west-style seasoning blend
- Granulated sugar
- Light brown sugar
- Honey
- Ground cinnamon
- Baking powder
- Vanilla extract

## Grocery

- 1 (1-lb.) bag egg noodles
- 1 (18-oz.) container quick-cooking oats
- 1 (15-oz.) can spicy refried beans
- 1 (10-oz.) can red enchilada sauce
- 1 (8-oz.) bottle balsamic glaze
- 1 (32-oz.) carton low-sodium butternut squash soup
- 1 (15-oz.) can no-salt-added black beans
- 1 (2-oz.) bag pepitas
- 1 (8-oz.) package chopped toasted pecans
- 1 (750-mL.) bottle wine
- 2 (10-oz.) packages frozen cauliflower gnocchi
- 1 (750-mL.) bottle gin
- 1 small bottle lavender bitters, such as Scrappy's

## Produce

- 1 head garlic
- 1 head Savoy cabbage
- 1 (10-oz.) package cherry or grape tomatoes
- 1 (12-oz.) package sliced fajita vegetables (bell peppers and onions)
- 2 (8-oz.) package mixed mushrooms
- 2 pounds small zucchini
- 2 medium tomatoes
- 2 medium bananas
- 1 pint blueberries
- 3 lemons
- 1 bunch basil
- 1 (0.75-oz.) container cilantro
- 1 (0.75-oz.) container parsley

## Dairy, Milk & Eggs

- 1 (8-oz.) package shredded Monterey Jack, Cheddar or Colby-Jack
- 1 (8-oz.) package shredded Cheddar cheese
- 1 (8-oz.) container small mozzarella balls
- 1 (8-oz.) package halloumi cheese
- 1 (½-pint) heavy cream
- 1 (8-oz.) bottle low-fat milk
- 2 eggs

## Meat, Poultry & Seafood

- 4 chicken cutlets
- 1 rotisserie cooked chicken
- 1 whole wild salmon fillet (also called a “side of salmon,” about 1 ½ pounds)