

THE PREP

May 7th - 13th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cornstarch
- Rice vinegar
- Dijon mustard
- Mayonnaise
- Cayenne pepper
- Granulated sugar
- Honey

Grocery

- 1 (18-oz.) container rolled oats
- 1 (16-oz.) jar unsweetened, no-salt-added almond butter
- 1 (8-oz.) bottle caramel sauce
- 1 (16-oz.) bag mini semisweet chocolate chips
- 1 (16-oz.) bag unsweetened shredded coconut
- 1 (750-mL.) bottle moscato wine
- 1 (750-mL.) bottle white wine
- 1 (750-mL.) bottle peach schnapps
- 1 (16-oz.) bottle chilled seltzer, preferably with peach essence
- 1 (14-oz.) can artichoke hearts, rinsed and chopped
- 2 (8-oz.) containers panko breadcrumbs, preferably whole-wheat
- 1 (16-oz.) package dried orzo pasta
- 1 (9-oz.) package fresh tagliatelle or linguine
- 1 (4-oz.) can chipotle peppers
- 1 (8-oz.) package pre-cooked brown rice
- 1 (8-oz.) container pesto
- 1 (8-oz.) jar Meyer lemon

Produce

- 1 head garlic
- 2 medium leeks
- 2 medium shallots
- 1 medium jalapeño
- 1 (10-oz.) container baby spinach
- 1 (5-oz.) container mixed greens
- 1 (5-oz.) container arugula
- 1 cup peas (fresh or frozen)
- 1 large head cabbage
- 1 bunch radishes
- 1 bunch asparagus
- 1 medium avocado
- 1 (10-oz.) basket cherry or grape tomatoes
- 3 lemons
- 3 limes
- 3 medium peaches
- 2 small tangerines
- 1 medium blood orange
- 1 bunch mint leaves
- 1 bunch dill
- 1 bunch parsley
- 1 bunch basil
- 1 bunch scallions
- (0.75-oz.) container sage
- (0.75-oz.) container chives
- (0.75-oz.) container thyme
- (0.75-oz.) container tarragon

Dairy, Milk & Eggs

- 1 pt. heavy cream
- 1 stick butter
- 1 dozen large eggs
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) container sour cream
- 1 (8-oz.) container crème fraîche
- 1 (8-oz.) container part-skim ricotta

Meat, Poultry & Seafood

- 2 lbs. chicken cutlets
- 1 lb. white fish, such as cod
- 12-oz. jumbo lump crabmeat