

THE PREP

May 14th - 20th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Cooking spray
- Canola oil
- Red-wine vinegar
- White balsamic vinegar
- Dijon mustard
- Pure maple syrup or honey
- Granulated sugar
- Mayonnaise
- Ketchup
- Steak sauce
- Chile-lime seasoning, such as Tajín
- Garlic powder

Grocery

- 2 (1-lb.) boxes whole-wheat penne pasta
- 4 whole-wheat burger buns
- 1 (8-oz.) package corn tortillas
- 1 (16-oz.) bottle sweet pickle relish
- 1 (5-oz.) tub pico de gallo
- 1 (10-oz.) container guacamole
- 2 (16-oz.) bags frozen sliced peaches
- 1 (8-oz.) bottle balsamic glaze
- 1 (12-oz.) jar Kalamata olives
- 1 (16-oz.) jar roasted red peppers
- 1 (750-mL) bottle dry white wine
- 1 (750-mL) bottle triple sec
- 1 (375-mL) bottle tequila

Produce

- 2 heads garlic
- 3 medium red onions
- 1-2 jalapeño peppers
- 1 head iceberg lettuce
- 4 pints cherry tomatoes
- 2 large tomatoes
- 2 medium yellow summer squash
- 1 medium English cucumber
- 4 portobello mushroom caps
- 2 medium heads green cabbage
- 1 medium avocado
- 1 (10-oz.) container spinach
- 1 (5-oz.) container arugula
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch parsley
- 1 (0.75-oz.) container tarragon
- 4 lemons
- 6 limes
- 1 firm ripe peach

Dairy, Milk & Eggs

- 1 (12-oz.) package sliced American cheese
- 1 (8-oz.) package part-skim mozzarella cheese
- 1 (5-oz.) tub grated Parmesan cheese
- 1 (5-oz.) tub pearl-size or mini mozzarella balls
- 1 (8-oz.) wheel brie cheese
- 1 (tk-oz.) block Crumbled cotija cheese (optional)
- 1 (8-oz.) container sour cream (optional)
- 1 (5-oz.) tub crumbled feta cheese (optional)

Meat, Poultry & Seafood

- 1 lb. peeled, deveined large shrimp
- 2 lbs. chicken cutlets

