

THE PREP

May 21st - 27th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Dijon mustard
- Italian seasoning
- Onion powder
- Garlic powder
- Ground cumin
- Ground coriander
- Paprika
- Superfine sugar
- Honey

Grocery

- 1 (1-lb.) box whole-wheat rotini pasta
- 1 (1-lb.) container orecchiette
- 1 lb. whole-wheat pizza dough
- 1 (8-ct.) package fajita-size corn or flour tortillas
- 2 (8-oz.) packages cooked brown rice
- 2 (15-oz.) cans low-sodium "no-chicken" broth or chicken broth
- 1 (32-oz.) container low-sodium chicken broth
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (8-oz.) bottle balsamic glaze
- 1 (16-oz.) package frozen peas
- 1 (750-mL.) bottle Kentucky bourbon
- 1 (16-oz.) bottle plan seltzer water

Produce

- 1 heads garlic
- 1 small red onion
- 1 medium yellow onion
- 2 medium shallots
- 1 (10-oz.) container baby kale or baby spinach

- 1 medium red bell peppers
- 1 medium orange bell peppers
- 1 medium yellow bell pepper
- 3 large poblano peppers
- 1 small fennel bulb
- 12-oz. baby Yukon Gold potatoes
- 1 bunch carrots
- 1 lb. asparagus
- 1 ear corn
- 4 small heirloom tomatoes
- 1 pint cherry tomatoes
- 1 medium avocado
- 1 bunch basil
- 1 bunch mint
- 1 bunch cilantro
- 1 (0.75-oz.) container flat-leaf parsley
- 1 (0.75-oz.) container dill
- 4 lemons
- 3 limes

Dairy, Milk & Eggs

- 1 (5-oz.) container shaved Parmesan cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) ball fresh mozzarella cheese
- 1 (5-oz.) block feta cheese
- 1 (8-oz.) container sour cream
- 6 large eggs

Meat, Poultry & Seafood

- 1 (12-oz.) package Italian-style smoked chicken sausage (such as Aidells)
- 1 (12-oz.) package sweet or hot Italian sausage
- 1 lb. boneless, skinless chicken breasts
- 2 (8-oz.) boneless, skinless chicken breasts