

THE PREP

May 28th - June 3rd, 2022 Shopping List

Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- White-wine vinegar
- Dijon mustard

Grocery

- 1 (5-oz.) container basil pesto
- 1 (8-oz.) jar oil-packed sun-dried tomatoes
- 1 (15-oz.) can low-sodium vegetable broth
- 1 (8-oz.) package cooked brown rice
- 1 (16-oz.) box whole-wheat rotini pasta
- 1 (8-oz.) container panko breadcrumbs
- 1 (4-oz.) container pine nuts
- 1 (10-oz.) bag frozen cauliflower gnocchi
- 1 (1-L) bottle soda water
- 1 (750-mL) bottle gin
- 1 (750-mL) bottle dry white wine
- 1 (32-ounce) bag frozen tropical fruit medley

Produce

- 2 heads garlic
- 4 shallots
- 1 medium yellow bell pepper
- 4 medium zucchini
- 1 bunch radishes
- 1 bunch asparagus

- 1 (10-oz.), plus 1 (5-oz.) container spinach
- 1 (5-oz.) package arugula
- 1 (10-oz.) container mixed greens
- 1 pt. cherry tomatoes
- 1 package Persian cucumber
- 1 medium avocado
- 3 lemons
- 2 pints blackberries
- 1 (0.75-oz.) container fresh dill
- 1 bunch parsley
- 1 bunch basil

Dairy, Milk & Eggs

- 1 (8-oz.) bottle buttermilk
- 1 (½-gal.) jug reduced-fat milk or nondairy alternative
- 1 pt. heavy cream
- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) container crumbled blue cheese
- 1 (8-oz.) container crème fraîche or sour cream
- 2 eggs

Meat, Poultry & Seafood

- 2¼ lb. salmon
- 12 cooked, peeled extra-large shrimp (16-20 count)
- 1 lb. boneless, skinless chicken breast
- 1 (11-oz.) package cooked chicken sausage
- 1 (1-lb.) package bacon