

THE PREP

June 4th - 10th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Dijon mustard
- Honey
- All-purpose flour
- Vanilla extract
- Dried dill
- Dried mint
- Dried tarragon
- Cayenne pepper
- Ground cumin
- Garlic powder
- Dried oregano

Grocery

- 1 (16-in.) baguette
- 4 small hamburger buns, preferably whole-wheat
- 1 loaf whole-wheat bread
- 1 (8-ct.) package corn tortillas
- 1 (8-oz.) bottle balsamic glaze
- 1 (15-oz.) can no-salt-added white beans
- 1 (15-oz.) can black beans
- 2 (5-oz.) cans wild albacore tuna packed in oil
- 1 (8-oz.) box chickpea cavatappi pasta
- 1 (40-oz.) package pitted dates
- 1 (16-oz.) jar creamy sunflower seed butter
- 1 (18-oz.) container rolled oats
- 1 (16-oz.) container whole-wheat panko breadcrumbs
- 1 (8-oz.) package chopped pecans
- 1 (8-oz.) container tzatziki
- 1 (16-oz.) bottle balsamic vinaigrette

- 1 (16-oz.) package unsweetened shredded coconut
- 1 (750-mL) bottle mezcal
- 1 (750-mL) bottle triple sec
- 1 (16-oz.) bottle citrus-flavored seltzer
- 1 (16-oz.) bottle grapefruit juice
- 1 (12-oz.) beer
- 1 (16-oz.) package frozen chopped spinach

Produce

- 1 head garlic
- 1 medium shallot
- 3 medium red onions
- 1 medium jalapeño
- 2 (10-oz.) containers mixed greens
- 6 ears corn
- 1 small tomato
- 1 large tomato
- 1 lb. tomatoes (any kind)
- 1 pint grape tomatoes
- 2 English cucumbers
- 2 medium avocados
- 2 medium heads broccoli
- 3 lemons
- 4 limes
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch parsley

Dairy, Milk & Eggs

- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (8-oz.) package fresh mozzarella cheese, thinly sliced
- 1 (5-oz.) container crumbled feta cheese
- 1 (4-oz.) log garlic-and-herb-flavored goat cheese
- 1 large egg

Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. 93%-lean ground turkey
- 8 oz. tilapia fillets