

# THE PREP

June 18th - 24th, 2022 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Balsamic vinegar
- Red-wine vinegar
- Dijon mustard
- Reduced-sodium soy sauce
- Cooking spray
- Chili powder
- Dried thyme
- Italian seasoning

## Grocery

- 1 (8-oz.) package whole-wheat pita bread
- 1 (8-ct.) package corn tortillas
- 1 (8-oz.) package quinoa
- 2 (8-oz.) packages pre-cooked brown rice
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (5-oz.) bag pine nuts
- 1 (2-oz.) bag chopped walnuts
- 1 (8-oz.) jar hoisin sauce
- 1 (8-oz.) jar plum sauce
- 2 (6-oz.) jars pitted Kalamata olives
- 1 (8-oz.) jar oil-packed sun-dried tomatoes
- 1 (1-L) bottle club soda
- 1 (750-mL) bottle Aperol
- 1 (750-mL) bottle prosecco
- 1 (10-oz.) package frozen quartered artichoke hearts
- 2 (8-oz.) packages spinach-and-ricotta ravioli

## Produce

- 1 head garlic
- 1 (2-in.) piece ginger
- 1 shallot
- 3 jalapeño peppers
- 1 (10-oz.) packages baby spinach
- 1 (10-oz.) bag matchstick carrots
- 3 (9 oz.) packages multicolored cherry tomatoes
- 1 plum tomato
- 1 cucumber
- 1 medium red bell pepper
- 2 medium red onions
- 1 small red onion
- 1 small yellow onion
- 1 large yellow squash
- 4 Japanese eggplants
- 1 large red cabbage
- 2 grapefruits
- 1 (16-oz.) package strawberries
- 2 lemons
- 3 limes
- 1 bunch scallions
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bunch fresh dill
- 1 bunch fresh oregano

## Dairy, Milk & Eggs

- 1 (8-oz.) package unsalted butter
- 2 (6-oz.) containers crumbled feta cheese
- 1 (32-oz.) tub nonfat plain Greek yogurt
- 1 (16-oz.) tub reduced-fat sour cream

## Meat, Poultry & Seafood

- 4 (6-oz.) skinless, boneless chicken breasts
- 1 (1-lb.) package boneless, skinless chicken thighs
- 1 (1-lb.) package chicken tenders
- 1 (16-oz.) package ground lamb or ground beef
- 1¼ lbs. salmon fillet, skin removed