

# THE PREP

June 25<sup>th</sup> - July 1<sup>st</sup>, 2022 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Crushed red pepper
- Paprika
- Ground cumin
- White sesame seeds
- Black sesame seeds
- Extra-virgin olive oil
- Canola oil
- Sesame oil
- Red-wine vinegar
- Rice vinegar
- Mayonnaise
- Dijon mustard
- Honey
- Soy sauce
- Vanilla extract

## Grocery

- 1 loaf whole-wheat sandwich bread
- 1 loaf sliced ciabatta
- 1 (16-oz.) bag blue or yellow corn tortilla chips
- 1 (8-oz.) package pre-cooked quinoa
- 1 (8-oz.) package pre-cooked brown rice
- 1 (15-oz.) can unsweetened coconut cream
- 2 (15-oz.) cans low-sodium black beans
- 1 (15-oz.) can chickpeas
- 1 (8-oz.) jar oil-packed sun-dried tomatoes
- 1 (6-oz.) jar pitted Kalamata olives
- 1 (3-oz.) jar capers
- 1 (7-oz.) jar roasted red peppers
- 1 (2-oz.) bag slivered almonds
- 1 (6-oz.) bag crispy chickpeas
- 1 (8-oz.) bottle balsamic glaze
- 1 (12-oz.) bottle mirin
- 1 (½-gal.) bottle orange juice

## Produce

- 1 head garlic
- 1 (2-in.) piece ginger
- 1 (7-oz.) package mixed greens
- 2 medium romaine hearts
- 3 medium tomatoes
- 1 large tomato
- 1 (9-oz.) package cherry tomatoes
- 1 large jalapeño pepper
- 1 medium red bell pepper
- 1 large red bell pepper
- 2 cucumbers
- 2 medium red onions
- 6 avocados
- 3 ears corn
- 4 lemons
- 2 limes
- 1 (0.5-oz.) package chives
- 1 bunch scallions
- 1 bunch fresh parsley
- 1 bunch fresh cilantro
- 1 bunch fresh dill
- 1 bunch fresh basil

## Dairy, Milk & Eggs

- 1 (32-oz.) tub low-fat plain yogurt
- 1 (32-oz.) tub whole-milk plain yogurt
- 1 (8-oz.) package fresh mozzarella cheese
- 1 (5-oz.) tub grated Parmesan cheese
- 1 (8-oz.) bag shredded extra-sharp Cheddar cheese
- 1 (6-oz.) container crumbled feta cheese
- 1 (15-oz.) tub ricotta cheese
- 4 large eggs

## Meat, Poultry & Seafood

- 1 (1-lb.) package pulled rotisserie chicken
- 1 (1-lb.) package cooked shrimp