

THE PREP

July 2nd - 8th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- White balsamic vinegar
- Dijon mustard
- Coarse-grained mustard
- Chipotle chile powder
- Paprika
- Ground cumin
- Garlic powder
- Ground cinnamon
- Granulated sugar
- Honey
- Brown sugar
- Baking powder
- Vanilla extract

Grocery

- 1 (16-oz.) package whole-wheat orzo
- 1 (8-ct.) package corn tortillas
- 1 lb. pizza dough, preferably whole-wheat
- 1 (8-ct.) package whole-wheat hamburger rolls
- 1 (18-oz.) container rolled oats
- 1 (8-oz.) container pico de gallo
- 1 (4-oz.) package chopped pecans
- 1 (750-mLl.) bottle dry white wine
- 1 (750-mlL.) bottle white tequila
- 1 (32-oz.) bottle pineapple juice
- 1 (52-oz.) bottle orange juice

Produce

- 2 heads garlic
- 1 medium red onion

- 1 small jalapeño pepper
- 1 head red cabbage
- 1 head romaine lettuce
- 1 (10-oz.) package mixed greens
- 1 (10-oz.) package arugula
- 1 medium tomato
- 1 (10-oz.) basket, plus 1 pt. cherry or grape tomatoes
- 1 lb. asparagus
- 1 lb. sweet mini peppers
- 2 medium zucchini
- 6 ears corn
- 2 lemons
- 10 limes
- 2 ripe bananas
- 1 medium avocado
- 1 firm ripe peach
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch basil
- 1 (0.75-oz.) container fresh tarragon leaves
- 1 (0.75-oz.) container sage
- 1 (0.75-oz.) container chives

Dairy, Milk & Eggs

- 1 stick salted butter
- 1 stick unsalted butter
- 2 large eggs
- 1 (8-oz.) package part-skim shredded mozzarella cheese
- 1 (8-oz.) wheel Brie cheese
- 1 (½-gal.) low-fat milk

Meat, Poultry & Seafood

- 2 lbs. chicken cutlets
- 1 lb. peeled, deveined large shrimp
- 1 oz. very thinly sliced prosciutto
- 1 lb. flank steak
- 1 lb. ground turkey breast