

THE PREP

July 9th - 15th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil

Grocery

- 1 package tostada shells
- 1 (8-ct.) package corn tortillas
- 1 (1-lb.) package refrigerated cheese tortellini
- 1 (8-oz.) box chickpea cavatappi pasta
- 1 (16-oz.) box whole-grain linguine or fettuccine
- 1 (8-oz.) bottle green goddess yogurt dressing
- 1 (15-oz.) can refried beans
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (15-oz.) can coconut milk
- 1 (750-mL.) bottle dark rum, such as Myers's
- 1 (16-oz.) bag frozen pineapple chunks
- 1 (32-ounce) bag frozen tropical fruit medley

Produce

- 1 (10-oz.) Southwest-style salad kit
- 1 (10-oz.) bag kale-and-broccoli slaw mix
- 1 (5-oz.) container baby spinach
- 1 (16-oz.) bag broccoli florets
- 1 (14-oz.) container pico de gallo
- 2 pts. cherry tomatoes
- 1 bunch basil
- 2 lemons

Dairy, Milk & Eggs

- 1 (4-oz.) log garlic-and-herb-flavored goat cheese
- 1 (½-gal.) reduced-fat milk or nondairy alternative

Meat, Poultry & Seafood

- 1 medium rotisserie chicken