

THE PREP

July 16th - 22nd, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Crushed red pepper
- Chili powder
- Garlic powder
- Tajín seasoning
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Dijon mustard
- Hot sauce
- Honey
- All-purpose flour
- White whole-wheat flour
- Light brown sugar
- Baking powder
- Baking soda
- Vanilla extract

Grocery

- 1 (6-oz.) bag chopped pecans
- 1 (16-oz.) package corn tortillas
- 1 (8-oz.) box brown rice linguine
- 1 (16-oz.) jar pineapple salsa
- 1 (8-oz.) can fresh corn kernels
- 1 (15-oz.) can white beans
- 1 (14-oz.) can artichoke hearts
- 1 (1-lb.) bag whole-wheat pizza dough
- 1 (10-oz.) bag frozen green peas
- 1 (1-ltr.) carton mango nectar
- 1 (750-ml) bottle tequila

Produce

- 1 head garlic
- 2 (7-oz.) packages mixed greens
- 1 (5-oz.) package baby spinach
- 2 (5-oz.) packages arugula
- 1 (9-oz.) package coleslaw mix
- 1 small shallot
- 1 medium tomato
- 1 (9-oz.) package cherry tomatoes
- 1 (18-oz.) package blueberries
- 2 medium red bell peppers
- 1 medium jalapeño pepper
- 1 cucumber
- 1 avocado
- 4 large portobello mushrooms
- 2 lemons
- 5 limes
- 1 bunch scallions
- 1 bunch fresh parsley
- 2 bunches fresh basil
- 1 bunch fresh cilantro

Dairy, Milk & Eggs

- 1 carton eggs
- 1 (½ gallon) carton whole milk
- 1 (1-qt.) carton low-fat buttermilk
- 1 (8-oz.) bag part-skim mozzarella cheese
- 1 (6-oz.) tub grated Parmesan cheese
- 1 (8-oz.) box reduced-fat cream cheese

Meat, Poultry & Seafood

- 1 (1-lb.) package chicken cutlets
- 1 (12-oz.) bag shrimp, peeled & deveined
- 1 (1-lb.) salmon fillet
- 1 (3-oz.) package thinly sliced prosciutto