

THE PREP

August 6th - 13th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Cooking spray
- Maple syrup
- Canola oil
- Chipotle chile powder
- Paprika
- Ground cumin
- Garlic powder
- Mayonnaise
- Ketchup
- Steak sauce

Grocery

- 1 (1-lb.) box whole-wheat penne pasta
- 1 (1-lb.) box gluten-free penne pasta or whole-wheat penne pasta
- 1 pound whole-wheat pizza dough
- 4 whole-wheat burger buns
- 1 (8-oz.) package corn tortillas
- 1 (18-oz.) container old-fashioned rolled oats
- 1 (8-oz.) package walnuts
- 1 (8-oz.) package pitted dates
- 1 (8-oz.) package dried blueberries
- 1 (16-oz.) bottle sweet pickle relish
- 1 (5-oz.) tub pesto
- 1 (5-oz.) tub pico de gallo
- 1 (8-oz.) container roasted red pepper hummus
- 1 (16-oz.) jar maraschino cherries
- 1 (750-mL) bottle dry white wine
- 1 (750-mL.) bottle vodka
- 1 (8-oz.) bottle grenadine
- 1 (16-oz.) bottle light ginger beer
- 1 (16-oz.) bottle plain seltzer

Produce

- 3 lemons
- 4 limes
- 1 head garlic
- 2 medium red onions
- 1 head iceberg lettuce
- 2 cups cherry tomatoes
- 1 medium plum tomato
- 1 large tomato
- 2 medium yellow summer squash
- 4 portobello mushroom caps
- 1 head red cabbage
- 1 medium avocado
- 1 (10-oz.) container spinach
- 1 (16-oz.) package zucchini noodles
- 1 bunch basil
- 1 bunch cilantro

Dairy, Milk & Eggs

- 1 (12-oz.) package sliced American cheese
- ½ pint heavy cream
- 1 (5-oz.) tub grated Parmesan cheese
- 1 (5-oz.) tub cup crumbled feta cheese
- 1 (5-oz.) tub pearl-size or mini mozzarella balls

Meat, Poultry & Seafood

- 1 pound chicken cutlets
- 1 pound peeled, deveined large shrimp
- 1 pound boneless, skinless chicken breast or thighs

