

# THE PREP

August 13th - 19th, 2022 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Non-stick cooking spray
- Balsamic vinegar
- Ketchup
- Strawberry preserves
- Garlic powder
- Dried oregano
- Maple syrup or honey
- Vanilla extract

## Grocery

- 1 (8-oz.) container tzatziki
- 1 (8-oz.) container brown rice
- 1 (16-oz.) package whole-wheat gnocchi
- 1 (16-oz.) package whole-grain linguine
- 4 small hamburger buns, preferably whole-wheat
- 1 (15-oz.) can reduced-sodium chicken broth
- 1 (6-oz.) jar capers
- 1 (12-oz.) jar pickled jalapeños
- 1 (8-oz.) package sliced almonds
- 1 (16-oz.) bag mini chocolate chips
- 1 (16-oz.) package frozen chopped spinach

## Produce

- 1 head garlic
- 2 medium red onions
- 1 medium onion
- 1½ lbs. russet potatoes
- 1 small eggplant
- 4 medium zucchini
- 1 medium yellow squash
- 1 ear corn
- 1 medium cucumber
- 1 bunch asparagus
- 1 (5-oz.) package baby spinach
- 3 lemons
- 2 (16-oz.) packages strawberries
- 1 bunch basil
- 1 bunch parsley, chives or oregano
- 1 (0.75-oz.) container mint

## Dairy, Milk & Eggs

- 2 (5-oz.) containers crumbled feta cheese
- 1 (5-oz.) container finely shredded Parmesan cheese
- 1 (32-oz.) container whole-milk Greek yogurt
- 1 stick unsalted butter

## Meat, Poultry & Seafood

- 1¾ lbs. pounds bone-in, skin-on chicken thighs
- 1 lb. chicken tenders
- 1 lb. 93% lean ground turkey
- 4 (6-oz.) tilapia filets
- 1 lb. jumbo or extra-large shrimp in shells