

# THE PREP

August 20th - 26th, 2022 Shopping List

## Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Toasted sesame oil
- Balsamic vinegar
- Reduced-sodium tamari or soy sauce
- Dijon mustard
- Honey
- Cornstarch
- All-purpose flour
- Dried oregano
- Garlic powder
- Onion powder
- Dry mustard
- Crushed red pepper
- Cinnamon stick

## Grocery

- 1 loaf sourdough bread
- 1 (16-oz.) box gluten-free penne pasta or whole-wheat penne pasta
- 1 (16-oz.) box whole-wheat penne or rotini
- 1 (24-oz.) package frozen or refrigerated cheese ravioli
- 1 (8.8-oz.) packages cooked brown rice
- 1 (8-ct.) package corn tortillas
- 1 (32-oz.) container low-sodium chicken broth
- 2 (28-oz.) cans crushed tomatoes
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (10-oz.) jar chile-garlic sauce
- 1 (8-oz.) pouch red or green enchilada sauce, such as Frontera
- 1 (16-oz.) bottle mirin
- 1 (750-mL) bottle bourbon
- 1 (750-mL) bottle dry white wine
- 1 package decaf pumpkin-spice tea or other decaf or herbal tea

## Produce

- 1 (8-oz.) container fresh salsa
- 1 head garlic
- 1 (2-in.) piece ginger
- 1 small shallot
- 1 medium onion
- 1 green bell pepper
- 1 red bell pepper
- 2 small zucchini
- 2 medium heads broccoli
- 2 pints grape tomatoes
- 1 (8-oz.) package sliced mushrooms
- 1 bunch radishes
- 4 (10-oz.) containers fresh spinach
- 1 (5-oz.) container mixed salad greens
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch basil
- 1 (0.75-oz.) container thyme
- 4 lemons
- 1 orange
- 1 ear fresh corn or 1 (16-oz.) bag frozen corn kernels

## Dairy, Milk & Eggs

- 4 large eggs
- ½ pint heavy cream
- 1 (8-oz.) bottle reduced-fat milk
- 1 (8-oz.) container reduced-fat sour cream
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package shredded reduced-fat Cheddar cheese
- 1 (8-oz.) package shredded mozzarella cheese
- 1 (8-oz.) container small fresh mozzarella balls

## Meat, Poultry & Seafood

- 2 lbs. boneless, skinless chicken breasts or thighs
- 2 cooked chicken breasts
- 1 lb. large peeled, deveined raw shrimp
- 1 lb. lean ground beef