

# THE PREP

September 3<sup>rd</sup> - 9<sup>th</sup>, 2022 Shopping List

## Pantry Staples

- Extra-virgin olive oil
- Salt
- Garlic powder
- Black pepper
- Kosher salt
- Chili Powder

## Grocery

- 2 (14-oz.) cans reduced-sodium chicken broth
- 1 (15-oz.) can cannellini beans
- 1 (6-oz.) container pesto
- 1 (8-oz.) bottle balsamic glaze
- 1 (2 or 5-oz.) container chile-lime seasoning, such as Tajín
- 1 (8-oz.) package microwaveable farro
- 4 (12-fl.oz.) can or bottle lager beer
- 1 (750-mL.) bottle white wine
- 1 lb. whole-wheat pizza dough
- 1 (16-oz.) package frozen riced cauliflower
- 2 (8-oz.) packages frozen or refrigerated cheese ravioli

## Produce

- 2 leeks
- 1 bunch fresh sage
- 1 pint grape tomatoes
- 2 pints baby heirloom tomatoes
- 1 (5-oz.) package baby spinach
- 1 (10-oz.) Mediterranean-style salad kit
- 1 bunch parsley
- 1 (16-oz.) package of mixed mushrooms
- 1 lime
- 1 lemon
- 1 bunch basil leaves
- 2 lbs. Asparagus

## Dairy, Milk & Eggs

- 1 (8-oz.) package fresh mozzarella cheese
- 1 (8-oz.) package heavy cream

## Meat, Poultry & Seafood

- 2 rotisserie chickens
- 4 (5-oz.) chicken cutlets
- 1 lb. tilapia or another firm white fish

