

THE PREP

January 28th - February 3rd, 2023 Shopping List

Pantry Staples

- Salt
- Black pepper
- Extra-virgin olive oil
- Dijon mustard
- Dried rosemary
- Dried thyme
- Dried basil
- Paprika
- Rice vinegar
- Honey
- Avocado oil
- Cornstarch
- Vegetable oil
- Ground cinnamon

Grocery

- 1 container salt-free fajita seasoning, such as Mrs. Dash
- 1 container no-salt-added Mexican-style seasoning blend
- 1 (8.8-oz.) package pre-cooked microwaveable brown rice
- 2 (8-oz.) packages farro
- 1 (8-ct.) package corn tortillas
- 1 (10-oz.) bottle reduced-sodium soy sauce or tamari
- 1 (15-oz.) can unsalted chicken broth
- 1 (15-oz.) can low-sodium black beans
- 1 (8-oz.) jar basil pesto
- 1 (10-oz.) container pico de gallo
- 1 (5-oz.) container toasted sesame oil
- 1 (12-oz.) bottle dry sherry
- 1 (9-oz.) bottle oyster-flavored sauce
- 1 (6-oz.) package pine nuts
- 1 (6-oz.) package pumpkin seeds
- 1 (10-oz.) bag mini chocolate chips
- 1 (16-oz.) box mini shredded-wheat cereal

Produce

- 1 medium sweet onion
- 1 medium red onion
- 1 large shallot
- 1 head garlic
- 1 (2-in.) piece fresh ginger
- 1 lime
- 4 medium lemon
- 6 medium multicolored bell peppers
- 2 ears fresh corn
- 1 (8-oz.) sliced fresh mixed wild mushrooms
- 1 (5-oz.) package baby spinach
- 1 (8-oz.) mixed salad greens
- 1 pound baby bok choy
- 24 oz. baby Yukon Gold potatoes
- 2 pints multicolored cherry tomatoes
- 1 avocado
- 1 (6-oz.) package fresh raspberries
- 1 bunch fresh thyme leaves
- 1 bunch fresh basil
- 1 fresh bunch cilantro

Dairy, Milk & Eggs

- 6 large eggs
- 1 (8-oz.) package shredded pepper Jack cheese
- 1 (8-oz.) package shredded Gruyère cheese
- 1 (5-oz.) container grated Parmesan cheese
- ½ pint half-and-half
- 1 qt. whole milk
- 1 (5.3-oz.) container nonfat plain yogurt

Meat, Poultry & Seafood

- 1 (1-lb.) package ground chicken (light and dark meat)
- 4 (5-oz.) skin-on salmon fillets
- 2 (1-lb.) packages bone-in, skin-on chicken thighs
- 1 lb. flaky white fish fillets, such as cod, haddock or mahi mahi
- 12 oz. beef flank steak