

THE PREP

February 4th - 10th, 2023 Shopping List

Pantry Staples

- Salt
- Black pepper
- Extra-virgin olive oil
- Crushed red pepper
- Kosher salt
- All-purpose flour
- Dried Italian seasoning

Grocery

- 1 (15-oz.) can spicy refried beans
- 1 (10-oz.) can red enchilada sauce
- 1 (14-oz.) canned diced tomatoes
- 1 (6-oz.) can tomato paste
- 1 (8-oz.) package whole-wheat rotini or penne
- 1 (12-oz.) package whole-wheat egg noodles
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (16-oz.) bag uncooked brown rice
- 1 (12-oz.) canned chunk light tuna
- 1 (10-oz.) package frozen peas
- 1 (1-L.) bottle sparkling pink lemonade
- 1 (750-mL) bottle dry white wine
- 2 (12-oz.) bottles ginger beer

Produce

- 1 large cabbage head
- 3 medium zucchini
- 1 small green bell pepper

- 2 lemons
- 2 heads garlic
- 3 medium onions
- 1 medium red onion
- 1 bunch fresh cilantro
- 1 bunch fresh thyme
- 1 bunch fresh Italian parsley
- 1 bunch fresh basil
- 1 bunch fresh mint
- 1 (16-oz.) package sliced button mushrooms
- 2 pints cherry or grape tomatoes
- 12 oz. baby Yukon Gold potatoes
- 12 oz. medium Brussels sprouts
- 1 (10-oz.) package fresh strawberries

Dairy, Milk & Eggs

- 5 egg
- 1 stick unsalted butter
- 1 qt. nonfat milk
- 1 (8-oz.) package low-fat cream cheese
- 1 (8-oz.) package shredded Monterrey Jack cheese
- 1 (8-oz.) packaged shredded part-skim mozzarella cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) package block feta cheese

Meat, Poultry & Seafood

- 13 oz. shredded cooked chicken
- 8 oz. turkey breast tenderloin
- 2 (8-oz.) boneless, skinless chicken breasts
- 1 (7-oz.) package pepperoni slices