

THE PREP

February 11th - 17th, 2023 Shopping List

Pantry Staples

- Salt
- Black pepper
- Extra-virgin olive oil
- Dark brown sugar
- Vanilla extract
- Ground cardamom
- Baking powder
- Dijon mustard
- Chili powder
- Ground cumin
- Dried oregano
- Ground chipotle
- Poultry seasoning
- Crushed red pepper

Grocery

- 1 (16-oz.) bag frozen blueberries
- 1 (10-oz.) package frozen quartered artichoke hearts
- 1 (7-oz.) jar oil-packed sun-dried tomatoes
- 1 (10-oz.) jar pitted Kalamata olives
- 1 (7-oz.) can pickled jalapeños
- 1 (15-oz.) can no-salt-added cannellini beans, rinsed
- 1 (15-oz.) can no-salt-added petite-diced tomatoes
- 1 (14.5-oz.) can low-sodium chicken broth
- 2 (8-oz.) pouch precooked brown rice
- 2 (8-oz.) pouch precooked quinoa
- 1 (8.8-oz.) package whole-wheat couscous
- 1 (16-oz.) package old-fashioned rolled oats
- 2 (8-oz.) packages frozen or refrigerated spinach-and-ricotta ravioli
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (16-oz.) bottle grapeseed oil
- 1 (6-oz.) package pine nuts

- 1 (14-oz.) can light coconut milk
- 1 (4-oz.) container red Thai curry paste
- 1 (18-oz.) bottle barbecue sauce
- 1 (750-mL.) bottle dry white wine
- 1 whole-wheat baguette

Produce

- 3 lemons
- 1 lime
- 2 medium shallots
- 1 small onion
- 1 head garlic
- 1 bunch fresh parsley
- 1 bunch fresh basil
- 1 bunch fresh dill
- 1 bunch fresh cilantro
- 1 small yellow bell pepper
- 1 medium green bell pepper
- 1 (5-oz.) package arugula
- 1 (16-oz.) package chopped kale
- 1 bunch radishes
- 1 pound green beans
- 2 (12-oz.) packages cauliflower florets

Dairy, Milk & Eggs

- 2 large eggs
- 1 stick unsalted butter
- 1 qt. whole milk
- 1 pint heavy cream
- 1 qt. buttermilk
- 1 (8-oz.) container crème fraîche
- 1 (8-oz.) packaged shredded extra-sharp Cheddar cheese
- 1 (5-oz.) container grated Parmesan cheese

Meat, Poultry & Seafood

- 2 (1-lb.) packages chicken cutlets
- 1 lb. salmon, preferably wild, skinned
- 1 (1-lb.) package lean ground beef
- 1 lb. peeled and deveined raw shrimp (26-30)