

THE PREP

February 17th - 24th, 2023 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Black pepper
- Extra-virgin olive oil
- Dijon Mustard
- Vanilla Extract
- Ground Cinnamon

Grocery

- 2 (8-oz.) pouches pre-cooked quinoa
- 1 (16-18 oz.) tube polenta
- 1 (16-oz.) bag almond flour
- 1 (16-oz.) container quick-cooking oats
- 1 (10-oz.) package frozen cauliflower gnocchi
- 1 (16-oz.) package frozen peas
- 3 (10-oz.) packages frozen chopped kale
- 1 (10-oz.) container fresh salsa
- 1 (15-oz.) can pinto beans
- 1 (7-oz.) can pickled jalapeños
- 1 (8-oz.) jar basil pesto
- 1 (25-oz.) jar low-sodium marinara sauce
- 1 (16-oz.) container almond butter

- 1 (12-oz.) container dates
- 1 loaf whole-wheat sourdough bread

Produce

- 1 bunch fresh thyme
- 1 large bunch fresh basil
- 2 medium sweet potatoes
- 4 medium russet potatoes
- 1 large red onion
- 1 head garlic
- 2 medium tomatoes
- 2 medium ripe bananas
- 8 oz. asparagus spears

Dairy, Milk & Eggs

- 8 large eggs
- 1 (5-oz.) container non-fat plain Greek yogurt

Meat, Poultry & Seafood

- 2 (1-lb.) packages bone-in skinless chicken thighs
- 1 ½ lb. whole salmon fillet, preferably wild
- 1 lb. cooked chicken