

# THE PREP

February 26th - March 3rd

## Pantry Staples

- Salt
- Black pepper
- Extra-virgin olive oil
- Cayenne pepper
- Whole-grain mustard
- Crushed red pepper
- Red-wine vinegar
- Rice vinegar
- Dijon mustard
- Kosher salt
- Canola oil
- Peanut oil
- Corn oil
- Ground cumin
- Chipotle chile powder
- Dried marjoram
- Ground allspice
- Cornstarch
- Sugar
- Baking powder
- White whole-wheat flour

## Grocery

- 6-8 small dried red chiles
- 2 (8-oz.) pouch pre-cooked brown rice
- 2 (8-ct.) package corn tortillas
- 1 pound whole-wheat linguine or fettuccine
- 1 (28-oz.) can no-salt-added whole peeled tomatoes
- 2 (15-oz.) cans no-salt-added black beans
- 1 (12-oz.) package frozen corn kernels
- 1 (12-oz.) package frozen strawberries
- 1 (10-oz.) bottle reduced-sodium soy sauce
- 1 (10-oz.) bottle Chinese rice wine
- 1 (6-oz.) can tomato paste
- 1 (32-oz.) container unsweetened almond milk
- 1 (16-oz.) container almond butter
- 1 Mexican lager
- 1 (750-mL.) bottle dry white wine

## Produce

- 1 medium kiwi
- 3 oranges
- 3 lemons
- 2 limes
- 3 bunches fresh flat-leaf parsley
- 2 bunches fresh scallions
- 1 bunch fresh cilantro
- 1 bunch fresh rosemary
- 1 small shallot
- 1 small leek
- 1 head garlic
- 1 medium onion
- 2 medium red onions
- 3 medium red bell peppers
- 2 medium zucchini
- 2 medium carrots
- 1 small cucumber
- 1 pint cherry tomatoes
- 1 large russet potato
- 1 fresh jalapeño
- 1 (10-oz.) bag shredded cabbage
- 1 (8-oz.) bag shredded red cabbage
- 1 (8-oz.) mixed salad greens
- 1 (10-oz.) bag fresh riced cauliflower
- 1 (3-in.) piece fresh ginger
- 2 (12-oz.) bags broccoli florets
- 8 oz. cremini mushrooms
- 1 (8-oz.) container chopped fresh pineapple

## Dairy, Milk & Eggs

- 1 large egg
- 1 (16-oz.) container sour cream
- 1 (16-oz.) bag crumbled cotija cheese
- 1 (5-oz.) container grated Romano cheese

## Meat, Poultry & Seafood

- 2 lb. mussels, scrubbed and debearded
- 1 lb. beef sirloin, trimmed and sliced
- 1 ¾ lb. boneless, skinless chicken thighs
- 8 oz. skinned center-cut firm white fish, such as cod
- 1 lb. boneless, skinless chicken breast