

THE PREP

March 4th - 10th, 2023 Shopping List

Pantry Staples

- Salt
- Black pepper
- Extra-virgin olive oil
- Canola oil
- Smoked paprika
- Crushed red pepper
- Garlic powder
- Onion powder
- Chili powder
- Dried oregano
- Red-wine vinegar
- Cider vinegar
- Maple syrup
- Honey
- Spicy brown mustard
- Mayonnaise
- Cornstarch

Grocery

- 1 (8-ct.) corn tortillas
- 1 (16-oz.) bag quinoa
- 1 (8.8-oz.) package whole-wheat couscous
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (15-oz.) can no-salt-added black beans
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (32-oz.) carton lower-sodium chicken broth
- 1 (14.5 oz.) can lower-sodium chicken broth
- 1 (32-oz.) container unsweetened coconut milk
- 1 (4-oz.) bottle hot sauce
- 1 (4-oz.) container za'atar
- 1 (8-oz.) jar basil pesto
- 1 (9-oz.) bottle Sriracha
- 1 (12-oz.) bottle sweet chili sauce
- 1 (4-oz.) package sliced almonds
- 1 (12-oz.) package refrigerated potato gnocchi
- 1 (10-oz.) container fresh salsa
- 1 (12-oz.) bag frozen seedless passion fruit
- 1 (32-oz.) container 100%-juice-blend passion fruit juice or acai, blueberry and pomegranate juice blend

- 3 oz. rustic whole-wheat bread
- 2 loaves whole-wheat sourdough bread

Produce

- 1 large yellow onion
- 1 head garlic
- 2 medium shallots
- 1 lemon
- 1 large celery rib
- 1 large carrot
- 6 pints cherry tomatoes
- 1 bunch fresh scallions
- 1 bunch radishes
- 1 bunch fresh basil
- 1 bunch fresh parsley
- 1 bunch fresh thyme
- 1 medium bunch fresh kale
- 1 (8-oz.) bag shredded red cabbage
- 1 (8-oz.) bag shredded iceberg lettuce
- 1 (12-oz.) package broccoli florets
- 1 (5-oz.) bag spinach
- 1 (5-oz.) bag baby spinach
- 1 (10-oz.) bag shredded cabbage
- 1 lb. green beans
- 1 (16-oz.) package fresh strawberries

Dairy, Milk & Eggs

- 1 stick unsalted butter
- ½ pint heavy cream
- ½ pint half-and-half
- 1 (8-oz.) container shredded Mexican 3-cheese blend
- 1 (5-oz.) container shaved Parmesan cheese
- 1 (5-oz.) container non-fat plain Greek yogurt
- 1 (12-oz.) container buttermilk

Meat, Poultry & Seafood

- 8 oz. 90%-lean ground beef
- 1 lb. boneless, skinless chicken thighs
- 1 (14-oz.) bone-in chicken breast
- 1 lb. center-cut salmon fillet
- 1 lb. peeled, deveined raw shrimp (21-25 count)