

THE PREP

March 11th - 17th, 2023 Shopping List

Pantry Staples

- Salt
- Pepper
- Olive oil
- Balsamic vinegar
- Red-wine vinegar
- Dried rosemary
- Fennel seeds
- Curry powder
- Crushed red pepper
- Chili powder
- Garlic powder
- Onion powder
- Cayenne pepper
- Italian seasoning
- Paprika
- Ketchup
- Reduced-sodium Worcestershire sauce
- Spicy brown mustard
- Light brown sugar
- Granulated sugar
- Vanilla extract

Grocery

- 1 (8-ct.) package whole-wheat hamburger buns
- 1 (2-ct.) package whole-grain naan
- 1 (15-oz.) can no-salt-added black beans
- 1 (8-oz.) can tomato sauce
- 1 (8-oz.) jar pesto
- 1 (9-oz.) package fresh spinach pasta
- 1 (16-oz.) package frozen lima beans
- 1 (13.5 oz.) package graham cracker crumbs
- 1 (750-mL) bottle dry white wine

Produce

- 1 large yellow onion
- 2 medium shallots
- 2 medium leeks
- 2 heads garlic
- 1 cucumber
- 1 lemon
- 1 (10-oz.) container cherry tomatoes
- 1 (10-oz.) package fresh berries (like blueberries, strawberries or raspberries)
- 1 pound asparagus
- 1 (8-oz.) package spinach
- 1 (8-oz.) package kale
- 1 (0.5-oz.) package basil
- 1 bunch parsley
- 1 bunch cilantro
- 1 (0.5-oz.) package sage

Dairy, Milk & Eggs

- 1 dozen large eggs
- 1 pound unsalted butter
- 1 (32-oz.) container low-fat plain yogurt
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (8-oz.) container fresh mozzarella pearls
- 1 (8-oz.) container crème fraîche
- 1 (8-oz.) container ricotta cheese
- 1 (8-oz.) container grated pecorino cheese

Meat, Poultry & Seafood

- 12 oz. lean ground beef
- 12 oz. lean ground turkey
- 1 ¼ lbs. salmon
- 4 oz. pancetta
- 1 lbs. chicken cutlets