

THE PREP

March 18th - 24th, 2023 Shopping List

Pantry Staples

- Salt
- Pepper
- Onion powder
- Garlic powder
- Dried rosemary
- Sesame seeds
- Ground turmeric
- Extra-virgin olive oil
- Avocado oil
- Peanut oil
- White-wine vinegar
- Red-wine vinegar
- Soy sauce
- Butter
- Mayonnaise
- Dijon mustard
- Sugar
- Brown sugar
- Honey
- Cornstarch

Grocery

- 1 small whole-wheat baguette
- 1 (1-lb.) bag brown rice
- 1 (15-oz.) can chickpeas
- 1 (8-oz.) can tomato sauce
- 1 (8-oz.) jar horseradish
- 1 (8-oz.) can light coconut milk
- 1 (15-oz.) jar coconut curry sauce
- 1 (14-oz.) bag stir-fry soba noodles
- 1 (12-oz.) package prepared pizza dough
- 1 (750-mL.) bottle dry white wine

Produce

- 1 (2-inch) piece ginger
- 1 head garlic
- 2 small yellow onions
- 1 medium red onion
- 1 medium lemon
- 1 bunch bananas
- 1 large Honeycrisp apple
- 1 head broccoli
- 1 small head cabbage
- 1 medium bell pepper
- 1 large tomato
- 1 (10-oz.) package cherry tomatoes
- 2 medium zucchini
- 1 medium summer squash
- 1 (16-oz.) package whole carrots
- 1 (8-oz.) package baby spinach
- 3 medium turnips
- 2 ears corn
- 1 bunch scallions
- 1 bunch parsley
- 1 bunch basil
- 1 bunch chives

Dairy, Milk & Eggs

- 1 pint heavy cream
- 1 (8-oz.) bag shredded part-skim mozzarella cheese
- 1 (8-oz.) bag shredded Monterey Jack cheese
- 1 (8-oz.) tub sour cream

Meat, Poultry & Seafood

- 1 ½ pounds boneless, skinless chicken breasts
- 1 pound chicken cutlets
- 1 pound sirloin or top round steak
- 1 (1-lb.) bag cooked medium shrimp