

# THE PREP

March 25th - 31st, 2023 Shopping List

## Pantry Staples

- Extra-virgin olive oil
- Salt
- Black pepper
- Crushed red pepper
- Cornstarch
- All-purpose flour

## Grocery

- 1 whole-wheat baguette
- 1 (8-ct.) pkg. corn tortillas
- 3 (8-oz.) pouches microwaveable brown rice
- 1 (16-oz.) box whole-wheat angel hair pasta
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (15-oz.) can no-salt-added pinto beans
- 1 (15-oz.) can no-salt-added black beans
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (6-oz.) jar pitted Kalamata olives
- 1 (15-oz.) container pico de gallo
- 1 (750-mL) bottle dry white wine
- 1 (2-oz.) can anchovy fillets
- 1 (3-oz.) jar capers
- 1 (4.2-oz.) tube harissa paste
- 1 (16-oz.) jar natural peanut butter
- 1 (10-oz.) bag vegan chocolate chips
- 1 (2-oz.) bag chopped almonds

## Produce

- 3 lemons
- 3 large bananas
- 1 avocado

- 2 heads garlic
- 2 yellow onions
- 2 poblano peppers
- 1 red bell pepper
- 1 medium yellow squash
- 1 medium zucchini
- 1 pound asparagus
- 2 ears sweet corn
- 1 (10-oz.) package cherry tomatoes
- 1 (12-oz.) package snow peas
- 2 (8-oz.) packages sliced button mushrooms
- 1 (10-oz.) package baby spinach
- 1 lb. mature spinach
- 2 bunches broccolini (or 1 bunch broccoli rabe)
- 1 bunch parsley
- 1 bunch scallions
- 1 (0.66-oz.) pkg. tarragon

## Dairy, Milk & Eggs

- 1 (1-lb.) box butter
- ½ gallon whole milk
- 1 (32-oz.) container nonfat plain Greek yogurt
- 1 (16-oz.) container reduced-fat sour cream
- 1 (8-oz.) bag shredded pepper Jack cheese
- 1 (8-oz.) container grated Parmesan cheese
- 1 (4-oz.) container goat cheese

## Meat, Poultry & Seafood

- 1 pound boneless, skinless chicken breasts
- 1 pound boneless, skinless chicken thighs
- 1 pound dry sea scallops
- 2 cups chopped cooked chicken breast (about 12 oz.)