

ThePrep

May 21-25, 2018 Shopping List

Meat

- 1 rotisserie chicken (about 5 cups, shredded)
- 2 lbs. medium shrimp, peeled and deveined

Produce

- 2 limes
- 1 poblano chile
- 2 bunches green onions
- 3 English cucumbers
- 2 medium cucumbers
- 4 large tomatillos
- 1 pint cherry tomatoes
- 1 bunch parsley
- 1 bunch cilantro
- 2-3 stalks celery
- 1 orange
- 1 red onion
- 1 lemon

Spices/Herbs/Sauces

- Olive oil
- Salt
- Pepper
- Cumin
- Paprika
- Minced garlic
- Sugar
- Dark sesame oil
- Low-sodium soy sauce
- Honey
- Sambal oelek (or chile paste with garlic)
- Bottled ground fresh ginger
- Canola mayonnaise (such as Hellmann's)

- Sriracha (hot chile sauce, such as Huy Fong)
- Cinnamon
- Jar of tahini (sesame seed paste)
- Rice vinegar
- Canola oil
- Vanilla extract

Dairy

- Small container of plain 2% reduced-fat Greek yogurt
- Small container of plain low-fat yogurt (not Greek-style)
- 1 stick unsalted butter

Pantry

- 1 (8.5-oz.) pkg. precooked farro
- 2 (15-oz.) cans unsalted chickpeas
- 8 oz. chopped almonds
- 8 oz. chopped walnuts
- 8 oz. chopped pecans
- 4 oz. dry-roasted peanuts
- 1 loaf of whole-wheat bread
- 4 New England-style top-split hot dog rolls
- 8 oz. uncooked dried udon noodles
- Small jar of dill pickles
- Container of old-fashioned, rolled oats