

THE SHOPPING LIST

GROCERY BAG: PREP-AHEAD MEALS

PRODUCE

- 1 head garlic
- 1 piece fresh ginger
- 2 pounds broccoli
- 1 bunch scallions
- 1 1/2 pounds romaine lettuce hearts
- 4 lemons
- 1 bunch fresh parsley
- 1/2 large red cabbage
- 1 medium red onion
- 1 large bunch kale
- 2 limes
- 1 jalapeno chile
- 1 pint grape tomatoes
- 1 avocado

MEAT/POULTRY/FISH

- 1 1/2 pounds flank steak
- 6 slices bacon
- 8 ounces cooked turkey breast, not sliced
- 4 ounces cooked ham, not sliced
- 1 pound medium peeled and deveined shrimp, tails on
- 1 1/2 pounds sweet Italian sausage

DAIRY

- 4 ounces Swiss cheese, not sliced
- 8 ounces Monterey Jack cheese, not sliced
- Reduced-fat sour cream

STAPLES

- Soy sauce
- Rice vinegar
- White-wine vinegar
- Smooth peanut butter
- Light-brown sugar
- Red-pepper flakes
- Vegetable oil
- Olive oil
- All-purpose flour
- Dijon mustard
- Coarse salt and ground pepper

MISCELLANEOUS

- Light mayonnaise
- Panko (Japanese breadcrumbs)
- 2 large eggs
- Dill pickles
- 1 can (15 ounces) cannellini beans
- 1 can (15 ounces) black beans
- Paprika
- 1 package (10 ounces) frozen corn kernels
- 4 flour tortillas (6-inch)