

We introduced our [meal prep series](#) to help you eat healthier and save time. The below ingredients are for a week of lunches. [Click here](#) to find the recipes, which include salmon and lentil lettuce cups, salmon and veggie wraps, salmon banh mi wrap, Greek lentil salad, and loaded sweet potato.

HEALTHY MEAL PREP RESET: LENTILS SHOPPING LIST

- PRODUCE

☐ 1 head garlic

☐ 1 small bunch dill

☐ 1 small bunch mint

☐ 1 small bunch cilantro

☐ 1 small bunch thyme

☐ 2 limes

☐ 1 lemon

☐ 2 carrots

☐ 1 small box cherry tomatoes

☐ 1 head bibb lettuce

☐ 1 pomegranate

☐ 1 small container bean sprouts

☐ 1 jalapeño or fresno pepper

☐ 1 small container shredded red cabbage

☐ 1 small red onion

☐ 1 10-ounce sweet potato
- DELI

☐ ¼ cup pitted Kalamata olives
- SEAFOOD

☐ 1 pound salmon fillet, skin-on

PANTRY

☐ Light mayonnaise

☐ Dijon mustard

☐ Red wine vinegar

☐ Flaky sea salt

☐ Kosher salt

☐ Pepper

☐ Thai chile paste

☐ Hot sauce

☐ Soy sauce

☐ Distilled white vinegar

☐ Sugar

☐ Extra virgin olive oil

☐ 1½ cups French green lentils

☐ 1 package large spinach tortillas

☐ Toasted salted pepitas

DAIRY

☐ Low-fat kefir

☐ 1 pint 2% Greek yogurt

☐ 1 small container crumbled feta cheese