

We've introduced our [meal prep series](#) to help you eat healthier and save on time. The below ingredients are for a week of lunches (Monday through Friday). Click [here](#) to find the recipes, which include French bistro salad, roasted asparagus with eggs and smoked salmon, broccolini with gribiche, garden grain bowl, and rosemary pork chop.

MEAL PREP WEEK 2 SHOPPING LIST

PRODUCE

- 1 zucchini
- 4 Persian cucumbers
- 1 small bag Bing cherries
- 1 bunch broccolini
- 1 box arugula
- 1 bunch asparagus
- 1 small pack parsley
- 1 endive
- 1 avocado
- 1 small box heirloom cherry tomatoes
- 4 cornichons (from the olive bar)
- 3 Lemons
- 1 each small cantaloupe

MEAT/FISH

- 1 6-ounce boneless pork chop
- 3 ounces thick-cut bacon
- 3 ounces smoked salmon

DAIRY

- 6 pasture raised eggs
- 1 small cube goat cheese

PANTRY

- 1 small jar capers
- Dijon mustard
- Red pepper flakes
- Paprika
- Za'atar seasoning
- Balsamic vinegar

GRAINS

- 1 small bag freekeh

CONDIMENT KIT (REFILL IF NEEDED)

- Extra Virgin Olive Oil
 - Walnuts (Raw Activated or Raw)
 - Pumpkin Seeds (Raw unsalted)
 - Lemons
 - Limes
 - Organic turmeric powder
 - Himalayan Pink Salt
 - Black pepper
 - 1 bunch rosemary
 - 1 bunch oregano
 - 2 squeeze bottles
 - 1 empty salt and pepper shaker
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