

We introduced our [meal prep series](#) to help you eat healthier and save time. The below ingredients are for a week of lunches (Monday through Friday). [Click here](#) to find the recipes, which include Turmeric-Swordfish Kebab, Mediterranean Chicken Kebab, Curry Chicken Kebab, Tofu Thai Kebab, and Moroccan Lamb Burger.

MEAL PREP WEEK 4 SHOPPING LIST

PRODUCE

- 1 small container mint
- 3 Kalamata olives
- 1 small container arugula
- 1 small radicchio
- 1 pack Persian cucumbers
- 1 small container baby portobello mushrooms
- 1 zucchini
- 1 Japanese eggplant
- 1 large red bell pepper
- 1 red onion
- 1 container firm tofu
- 2 red jalapenos
- 1 avocado
- 1 lime
- 3 sun-dried tomatoes
- Garlic
- Ginger

MEAT/DAIRY/FISH

- 2 chicken breasts
- 4 ounces ground grass-fed lamb
- 3 ounces firm feta
- 6 ounces swordfish steak

GRAINS

- 10-minute quinoa

PANTRY

- 1 can chickpeas
- Tahini
- Coriander
- Cumin
- Garlic powder
- Sea salt
- Black pepper
- Thai green curry paste
- Curry powder
- Extra virgin olive oil
- Coconut oil
- Turmeric
- Caraway seeds
- Skewers

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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