

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 chicken salad wrap, summer chicken-spinach salad, zoodle chicken pad thai, pan-seared salmon with little gem salad, and crispy tofu bowl.

## MEAL PREP GLUTEN-FREE RECIPES SHOPPING LIST

### PRODUCE

- 1 bunch collard greens
- 2 cups spinach
- 1 head little gem lettuce
- 6 ounces firm tofu
- 3 lemons
- 1 lime
- 4 each radish
- 1 small bunch broccolini
- 1 bunch scallions
- ½ cup blueberries
- 4 nectarines
- 1 avocado
- 1 small sweet potato
- 1 large carrot
- 2 bunches cilantro
- 1 small package basil leaves
- 1 small package fresh mint
- 1 bunch fresh chives
- 1 head garlic
- 1 small shallot
- 1 1-inch piece fresh ginger

### MEAT/FISH

- 1 4-pound free-range chicken
- 1 4-ounce salmon fillet

### PANTRY

- Almond butter
- 1 can coconut milk
- Black rice
- Slivered almonds
- Garlic powder
- Salt
- Pepper
- Olive oil
- White balsamic
- Honey
- Dijon mustard
- Sesame oil
- Tamari
- Canola oil
- White vinegar
- Red curry paste
- Fish sauce
- Red pepper flakes

### DAIRY

- 4 ounces plain Greek yogurt
- 1 egg