

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 albacore tuna and cabbage slaw, endive and tuna salad, sweet-spicy albacore tuna salad, steamed bok choy and tofu, and tofu salad with watermelon ponzu.

SOUS VIDE ALBACORE TUNA SHOPPING LIST

PRODUCE

- 3 serrano peppers
- 1 bunch cilantro
- ½ of a watermelon
- 3 bunches red radish
- 6 bok choy
- 1 head red cabbage
- 1 16-ounce container of firm tofu
- 2 yellow or sweet onions
- 2 whole clusters of fresh ginger
- 1 head of garlic
- 2 bunches green onions
- 1 head napa cabbage
- 1 bunch parsley
- 6 Belgian endive spears
- 5 lemons
- 2 limes

PANTRY

- Rice wine vinegar
- Soy sauce
- 1 jar pickled ginger
- 1 jar toasted white sesame seeds
- 1 jar toasted black sesame seeds
- Olive oil
- Kosher salt
- Pepper
- Brown sugar
- White sugar
- 1½ pint slivered almonds

FISH

- 15 ounces Albacore tuna