

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 chicken bento box, hummus bowl bento box, burrito bento box, sesame noodle bento box, and picnic bento box.

## HEALTHY MEAL PREP RESET: BENTO BOXES SHOPPING LIST

### PRODUCE

- 1 small bunch parsley
- 1 small bunch dill
- 1 small head of garlic
- 3 lemons
- 1 lime
- 1 small head cauliflower
- 2 carrots
- 1 cup Brussels sprouts
- 1 small red onion
- 1 small bunch Lacinato kale
- 1 small head romaine
- 1 small bunch scallions
- 1 pack Persian cucumbers
- 1 avocado

### MEAT

- 1 pound ground dark meat chicken
- 2 ounces hard salami

### DAIRY

- 1 small container 2% Greek yogurt
- 2 large eggs
- 1 small piece Parmigiano-Reggiano
- 1 small block feta cheese
- 2 ounces aged white cheddar

### PANTRY

- Crushed red pepper
- Flaky sea salt
- Kosher salt
- Pepper
- Canola oil
- Extra virgin olive oil
- ½ cup panko or dried fresh breadcrumbs
- ¾ cup farro
- 1 15-ounce can chickpeas
- Tahini
- Ground cumin
- Chile powder
- Ground cinnamon
- Whole wheat pita bread
- Za'atar
- Dried thyme
- Sesame seeds
- 2 ounces soba noodles
- Soy sauce
- Distilled white or rice vinegar
- Sesame oil
- 1 small package unseasoned nori
- Hot sauce
- 1 15-ounce can black beans
- 1 can Kalamata olives
- 1 small container pico de gallo
- 1 small jar kimchi