

We introduced our [meal prep series](#) to help you eat healthier and save time. The below ingredients are for a week of breakfasts. [Click here](#) to find the recipes, which include tropical turmeric smoothie, collagen smoothie bowl, avocado-pineapple smoothie, cold brew smoothie, and blueberry-cashew smoothie.

HEALTHY MEAL PREP FOR FIT BODIES: SMOOTHIES SHOPPING LIST

PRODUCE

- 1 small container spinach
- 2 bananas
- 1 avocado
- 3 pieces fresh ginger
- 1 head cauliflower
- 1 small container blueberries
- 1 small container mixed berries
- 1 small bunch fennel
- 1 container fresh mint leaves

REFRIGERATION

- 1 container cold brew

FREEZER

- 1 bag frozen mango
- 1 bag frozen mixed berries
- 1 bag frozen pineapple

PANTRY

- 1 package cacao nibs
- 1 package reishi powder
- 1 container collagen powder
- 1 container raw cashews
- 1 container raw macadamia nuts
- Chia seeds
- Cacao nibs
- Hemp seeds
- Pine pollen
- Ground turmeric
- Spirulina powder
- Reishi powder
- Vanilla extract
- Maple syrup
- Lime juice
- Sea salt