

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 seared steak with chimichurri, shredded brussels sprout and salmon salad, Italian farro with kale and mushrooms, chicken tapenade salad, and farmer's market soup.

HEALTHY MEAL PREP FOR FIT BODIES: SHREDDED VEGGIES SHOPPING LIST

PRODUCE

- 2 pounds beets
- 1 bunch Tuscan kale
- 1 container kale
- 1 container arugula
- 1 lemon
- 1 bunch scallions
- 1 bunch shallots
- 3 tomato
- 3 cucumber
- 1 bunch parsley
- 2 radishes
- 1 head garlic
- 1 bunch shallots
- 2 sweet potatoes
- 1 container microgreens
- 1 small container cilantro
- 1 small container fresh oregano
- 1 small container fresh mint leaves

PROTEIN

- 1 5-ounce ribeye steak
- 1 4-ounce salmon filet
- 1 3-ounce chicken breast, boneless and skinless
- 1 small rotisserie chicken (optional)

REFRIGERATION/DAIRY

- 1 small container hummus
- 1 container Greek yogurt-based labneh
- 1 small block halloumi cheese

PANTRY

- 1 container chicken stock
- 1 can garbanzo beans
- 1 container pomegranate molasses
- 1 box Israeli couscous
- 1 small bag whole wheat pitas
- 1 container dried French lentils
- 1 bottle tzatziki
- 1 bottle apple cider vinegar
- 1 container pomegranate seeds
- Lemon juice
- Garlic powder
- Za'atar
- Bay leaf
- Cumin
- Ginger
- Ground clove
- Ground allspice
- Cayenne
- Ground coriander seed
- Ground cinnamon
- Crushed red pepper
- Grapeseed oil
- Salt
- Pepper
- Olive oil