

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 edamame hummus cauliflower toast, seedy cauliflower toast, avocado-asparagus cauliflower toast, almond butter and raspberry toast, and yogurt and berry toast.

HEALTHY MEAL PREP FOR FIT BODIES: CAULIFLOWER TOAST SHOPPING LIST

PRODUCE

- 1 large head of cauliflower
- 1 bunch asparagus
- 1 container raspberries
- 1 container mixed berries
- ¼ cup fresh peas
- 1 container mint leaves
- 1 ripe avocado
- 1 lemon
- 1 banana

DAIRY

- 1 container eggs
- 1 container plain Greek yogurt
- 1 container edamame hummus

PANTRY

- 1 container hemp hearts
- 1 container unsalted sunflower seeds
- 1 container chia seeds
- 1 container raw unsalted pistachios
- 1 container almond butter
- 1 loaf whole grain toast
- Almond flour
- Pure maple syrup
- Honey
- Olive oil
- Garlic powder
- Sea salt
- Pepper