

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 miso black cod, soy-wasabi salmon, simple Thai salad, ginger-mirin lettuce wraps, and Thai chicken curry rice bowls.

HEALTHY MEAL PREP FOR FIT BODIES: ASIAN-INSPIRED RECIPES SHOPPING LIST

PRODUCE

- 2 pieces ginger
- 2 red bell peppers
- 1 head garlic
- 1 head cabbage
- 1 head butter lettuce
- 1 bunch cilantro
- 1 bunch scallions
- 1 bunch asparagus
- 3 green onions
- 3 red onions
- 1 small yellow onion
- 1 white onion
- 2 dried shiitake mushrooms
- 1 orange
- 1 cucumber
- 1 zucchini
- 1 stalk lemongrass
- 3 carrots
- 1 avocado
- 1 lime
- 1 container mixed greens
- 1 container cherry tomatoes

POULTRY

- 2 chicken thighs, bone-in
- ½ pound chicken thighs, skinless, boneless

FISH

- ½ pound black cod
- 1 6-ounce salmon fillet

PANTRY

- 1 box jasmine rice
 - 1 box brown rice
 - 1 container sesame seeds
 - 1 container cashews
 - 1 container unsweetened coconut milk
 - 1 container toasted sliced almonds
 - 1 container chicken broth
 - 1 can water chestnuts
 - Red curry paste
 - Garlic powder
 - Lemon Juice
 - Mirin
 - Light miso paste
 - Wasabi paste
 - Canola oil
 - Sesame oil
 - Peanut oil
 - Vegetable oil
 - Olive oil
 - Rice vinegar
 - Honey
 - Low-sodium soy sauce
 - Oyster sauce
 - Fish sauce
 - Dry mustard
 - Kosher salt
 - Ground pepper
- ### DAIRY
- 1 container eggs