

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 southwest tofu scramble, veggie-avocado tofu scramble, tofu breakfast tacos, golden tofu, and kimchi tofu scramble.

## HEALTHY MEAL PREP FOR FIT BODIES: NEXT-LEVEL TOFU SHOPPING LIST

### PRODUCE

- 1 red bell pepper
- 1 green bell pepper
- 2 red onions
- 2 green onions
- 2 avocados
- 2 limes
- 1 container kale
- 1 container mixed greens
- 1 container baby spinach
- 1 container kimchi
- 1 8-ounce package white mushrooms
- 1 bunch scallions
- 1 bunch cilantro
- 1 head garlic

### PROTEIN

- 5 14-ounce packages extra-firm tofu

### PANTRY

- 1 package gluten-free corn tortillas
- 1 package sprouted whole wheat bread
- 1 can black beans
- 1 can pinto beans
- 1 jar salsa
- Nutritional yeast
- Olive oil
- Paprika
- Tamari
- Garlic powder
- Curry powder
- Chili powder
- Ground cumin
- Turmeric
- Sea salt
- Black pepper