

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 grilled harissa-spiced chicken, grilled lemon halibut, Mediterranean grilled chicken, grilled eggplant steaks, and grilled zucchini flatbread.

## HEALTHY MEAL PREP FOR FIT BODIES: GRILLED LUNCHESES SHOPPING LIST

### PRODUCE

- 1 small bunch basil
- 1 bunch scallions
- 1 avocado
- 1 box cherry tomatoes
- 1 small head broccoli
- 1 corn on the cob
- 2 Persian cucumbers
- 1 small head fennel
- 1 Fresno chili
- 1 small Italian eggplant
- 1 medium red onion
- 1 small zucchini
- 3 lemons
- 1 lime

### MEAT

- 2 6-ounce boneless, skinless chicken breast

### FISH

- 1 4-ounce halibut fillet

### PANTRY

- 1 jar capers
- ¼ cup pitted Kalamata olives
- 1 container harissa
- 1 container Aleppo pepper or red pepper flakes
- 1 jar toasted whole cumin seed
- 1 whole wheat pita
- 1 bottle apple cider vinegar
- 1 bottle red wine vinegar
- 1 small container white miso
- 1 tablespoon dried barberries, currants, or golden raisins
- 1 small bag pistachios
- 1 small container sesame seeds

### DAIRY

- 1 ounce feta, preferably sheep's milk
- 1 small container Greek yogurt