

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 a salmon-papaya tacos, mango and salmon soba salad, salmon and peach salad, watermelon poke bowl, and melon and feta bulgur salad.

HEALTHY MEAL PREP FOR FIT BODIES: SUMMER SALMON SHOPPING LIST

PRODUCE

- 1 small head of red cabbage
- 1 head little gem lettuce
- 2 avocados
- 1 small red onion
- 3 limes
- 3 lemons
- 1 bunch basil leaves
- 1 small bunch mint
- 1 small bunch cilantro
- 1 scallion
- 1 jalapeno
- 1 Persian cucumber
- ½-inch piece of ginger
- 1 small papaya
- 1 small ripe peach
- 1 ½ cups chopped watermelon
- 1 mango
- 1 ½ cups chopped honeydew, cantaloupe, or combination

PANTRY

- 2 corn tortillas
- 4 ounces soba noodles
- 1 jar Dijon mustard
- 1 package Nori
- ¼ cup raw bulgur
- 1 bottle unseasoned rice vinegar
- 1 bottle toasted sesame oil
- 1 bottle low-sodium soy sauce or tamari
- 1 jar raw honey

NUTS/SEEDS

- 1 tablespoon roasted pistachios
- ½ teaspoon toasted sesame seeds
- 2 tablespoons toasted almonds

MEATS

- 3 6-ounce skinless salmon fillets

DAIRY

- 2 ounces feta, preferably sheep's milk