

Healthy Meal Prep Shopping List

Pantry Staples

Extra-virgin olive oil
Rice vinegar
Tamari (GF soy sauce)
Toasted Sesame Oil
Maple syrup
Fine sea salt (Real Salt brand)
1 to 2 cans chickpeas
Cacao or cocoa powder
Protein Powder (optional)
Marinara sauce
Vanilla extract

Protein

1 1/2 pounds boneless chicken breasts (or a 16-oz. package of extra-firm tofu)
Eggs (for fried rice or an easy breakfast)

Fresh Produce

1 to 2 large sweet potatoes
2 to 3 limes
2 to 3 lemons
Romaine lettuce
Head of cabbage
2 to 3 garlic cloves
Knob of fresh ginger
8 ounces Medjool dates
2 red bell peppers
Avocado (optional topping)
Bananas (optional topping)
Red onion (for stir fry)

Extras

Shredded mozzarella
Pepperoni (pizza topping)
Bag of frozen veggies

Whole Grains

Dry Quinoa (about 2 cups)
Old-Fashioned Rolled Oats
Pasta (GF if needed)
Sandwich bread (optional for sandwiches, GF if needed)

Nuts & Seeds

Jar of peanut butter (or almond butter)
1 1/2 cups raw walnuts or pecans
Tahini (sesame seed paste)
Ground flax seeds
Hemp hearts

Quick & Easy Meal Ideas

Breakfast Ideas

- **Sweet potato toast** topped with peanut butter and sliced bananas
- **Overnight Oats** with fruit
- **Sauteed cabbage** “hash browns” served with fried eggs

Snacks

- **Chocolate Energy Balls**
- **Sweet potato toast** topped with hummus or peanut butter
- **Hummus** and sliced veggies

Lunch & Dinner Ideas

- **Creamy Hummus Pasta** with marinara sauce, hummus, and any toppings you love
- **Sweet Potato Pizza** topped with marinara, mozzarella, & pepperoni, or other toppings
- **Quinoa Lunch Bowls** with cooked quinoa, lettuce, cabbage, bell peppers, protein & dressing
- **Thai Salad** topped with red bell peppers, cabbage, chicken (or chickpeas) & dressing
- **Veggie Sandwich** topped with hummus, romaine lettuce, red bell peppers, and avocado
- **Peanut Noodle Stir Fry** with cooked pasta, cabbage, red onion, bell peppers and dressing
- **Quinoa Fried Rice** with cooked quinoa, frozen veggies, tamari, garlic and ginger