

# THE PREP

January 4th - January 10th, 2020 Shopping List  
Meal-Prep Lunches

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## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Toasted Sesame oil
- Balsamic vinegar
- Reduced-sodium soy sauce or tamari
- Italian seasoning or herbes de Provence

## Grocery

- 1 (16-oz.) bag frozen shelled edamame
- 1 (7-oz.) tub pumpkin seeds
- 1 (9-oz.) tub raw cashews
- 1 (8-ct.) package 6-inch whole-wheat tortillas

- 2 (14-oz.) packages extra-firm, water-packed tofu
- 1 (16-oz.) bag brown rice
- 1 (8-oz.) bottle orange juice
- 1 (8-oz.) bottle lime juice

## Produce

- 1 medium avocado
- 1 (5-oz.) container mixed greens
- 1 (14-oz.) package cubed butternut squash
- 1 head broccoli
- 2 red bell peppers
- 1 large red onion
- 1 jalapeño pepper
- 1 lemon
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch parsley

