

Mediterranean Meal Prep: Shopping List

Shop For:

Produce

Fruit

- 2 lemons (optional)
- Additional fruit for lunch (optional)

Vegetables

- 2 large shallots
- 2 large carrots
- 2 medium parsnips
- 2 medium beets
- 1 medium red onion
- 1 medium sweet potato
- 1 box mixed greens (optional)

Fresh Herbs & Flavorings

- 1 bay leaf
- 1 bunch thyme
- 1 bunch rosemary
- 1 bunch sage
- 1 bunch parsley

Canned & Bottled Goods

- 32-ounce can reduced-sodium chicken broth
- 15-ounce can chickpeas (optional)

Dry Goods & Bread

- 1 cup quinoa
- 1 package whole-wheat pita bread (optional)

Nuts, Seeds & Dried Fruit

- Unsalted sunflower seeds (optional)

Refrigerator Items & Dairy

- 1 package crumbled feta cheese (optional)
- 1 container hummus (optional)

Meat & Seafood

- 2 bone-in, skin-on chicken breast halves (about 1 pound each)

Check Your Pantry For: Oils, Vinegars & Condiments

- Extra-virgin olive oil
- Red-wine vinegar
- Apple cider vinegar

Flavorings

- Salt
- Black pepper
- Whole black peppercorns

Spirits

- 1 cup dry white wine