

Weekly Meal Prep Shopping List

5 Meals, 5 Ingredients Each, 5 Steps or Less



1. 2 (15 oz.) cans chickpeas
2. 1 (15 oz.) can white beans
3. 2 cups dry split peas
4. 1 ½ cups dry brown lentils
5. 4 sweet potatoes
6. 2 carrots
7. 1 red onion
8. 1 yellow onion
9. 1 head of kale
10. 2 tomatoes
11. 1 cucumber
12. 1 small orange
13. 2 packages vegetable broth
14. 1 bag frozen, mixed vegetables
15. Butter

