



## 21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 9 | **Plan F Grocery List**

### Produce

- ☐ 3 medium or 2 large bananas – super RIPE
- ☐ 3 yellow bananas
- ☐ 1 c. mangos or mandarin oranges
- ☐ 5 apples
- ☐ Lemon juice or 1 lemon
- ☐ 1 lime
- ☐ 2 ½ cups berries + 5 ½ cups strawberries
- ☐ 2 bags kale salad mix
- ☐ 1 bag matchstick carrots
- ☐ 2 large cucumbers
- ☐ Fresh ginger root
- ☐ 1 avocado (can sub cheddar cheese)
- ☐ 3 pounds of eggplant
- ☐ 7 ½ c. side salad veggies - ex.) cucumbers, tomatoes, lettuce
- ☐ 1 onion
- ☐ 1 jalapeno
- ☐ 5 cloves garlic
- ☐ 2 cups cauliflower rice (can use frozen)
- ☐ 1 shallot
- ☐ 6 cups broccoli florets
- ☐ scallions (for garnish)
- ☐ 6 large Yukon gold potatoes
- ☐ 1 red onion
- ☐ 3 large sweet potatoes
- ☐ 6 cups brussels sprouts

### Pantry

- ☐ honey or maple syrup
- ☐ brown sugar (can sub coconut sugar)
- ☐ stevia
- ☐ baking soda
- ☐ vanilla extract
- ☐ gluten-free all purpose flour (or sub whole wheat flour)
- ☐ coconut flour
- ☐ cocoa powder
- ☐ avocado oil\* (can sub olive)
- ☐ sesame oil
- ☐ coconut oil
- ☐ cooking oil spray of choice
- ☐ rice vinegar (can sub apple cider vinegar)
- ☐ coconut aminos
- ☐ nut butter of choice (peanut, almond, cashew)
- ☐ ⅓ cup unsweetened applesauce
- ☐ ⅓ cup peanuts or sliced almonds
- ☐ 2 ⅓ c no sugar added jarred tomato sauce (like Rao's)
- ☐ brown rice
- ☐ 1 box favorite pasta
- ☐ 1 package corn tortillas
- ☐ 1 box favorite whole grain crackers
- ☐ small carton or can of beef stock
- ☐ 2 large cartons low sodium chicken broth or stock
- ☐ 1 T Brewed coffee or 1 tsp instant coffee (see brownies)
- ☐ popcorn kernels

## Refrigerated

- ☐ 1 dozen eggs
- ☐ 1 ¼ cup unsweetened almond milk
- ☐ sliced or shredded cheddar cheese (can sub avocado)
- ☐ Small container ricotta (large if also using with eggplant)
- ☐ 1 ⅔ cups Mozzarella cheese
- ☐ ⅓ cup Parmesan cheese
- ☐ 4 tsp vegan butter, butter or ghee
- ☐ 2 cups shredded extra sharp cheddar cheese
- ☐ 2 T pecorino romano

## Meat

- ☐ 2 packages turkey bacon
- ☐ 3 ¼ lb chicken breast (2¾ lb if not using with eggplant)
- ☐ 1 ½ lb flank steak
- ☐ 1 lb boneless skinless chicken thighs
- ☐ 1 ¼ lb wild Alaskan salmon
- ☐ 30 slices nitrate free ham or turkey - about 1½ lbs (or sub Hard boiled eggs)

## IF drinking Shakeology, add:

- ☐ 5 scoops or packets of Shakeo
- ☐ 5 cups fresh or frozen fruit
- ☐ 5 cups greens

## IF NOT drinking Shakeology, add:

- ☐ 3 ¾ c. plain Greek yogurt or 5 individual cups
- ☐ 5 cups berries
- ☐ 1 large bag baby carrots

## Canned

- ☐ 10 oz diced tomatoes w/ green chilies
- ☐ 14.5 oz diced tomatoes
- ☐ 15 oz can black beans

## Spices

- ☐ Himalayan or sea salt
- ☐ Ground cinnamon
- ☐ Cumin
- ☐ Chili powder
- ☐ Ground black pepper
- ☐ Crushed red pepper
- ☐ Paprika
- ☐ Garlic powder

## Frozen

- ☐ 1 cup frozen corn

\* Avocado oil is listed on all of the meal plan documents and can be used in all of the recipes, even if not stated. If you have olive oil on hand, that can be used instead. Check each individual recipe for specific subs, if you aren't sure!