



21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 1 | **Plan E Grocery List**

Produce

- 9 c. diced fruit
- 3 apples
- 2 pears
- large bag of spinach
- large bag of kale
- 1 bag matchstick carrots
- 1 bag baby carrots
- 1 head celery
- 1 bell pepper
- 1 cucumber
- 5 1/2 c. strawberries
- 2 onions
- 15 cloves garlic
- 8 medium sw potatoes (about 10 cups)
- 1 spaghetti squash
- fresh basil
- 1 head of cauliflower
- 1 lemon
- fresh thyme (can sub dried)
- sm red onion
- 8 c. Brussels sprouts
- 7 1/2 c. green beans or broccoli
- 3 bananas

Pantry

- old fashioned rolled oats
- chia seeds
- 1 package flatout wraps
- 1 carton chicken stock
- Nut butter of choice
- baking powder
- pure maple syrup
- vanilla extract
- honey
- apple cider vinegar
- olive oil
- dijon mustard
- cooking spray
- pecans
- stevia
- air popped popcorn (2 bags or kernels) - can sub edamame

Canned

- 1 can black beans
- 1 (14.5 oz) can fire roasted tomatoes
- 28 oz can crushed tomatoes
- 28 oz can tomato puree

Canned (cont'd)

- 1 can or jar of artichoke hearts
- 1 can chickpeas
- small can crushed tomatoes

Refrigerated

- *2 c. almond milk
- 9 eggs
- lg + sm container part skim ricotta cheese
- shredded cheddar cheese
- shredded mozzarella cheese
- parmesan cheese
- butter or ghee
- *add extra 1/2 tsp vanilla to oatmeal instead of using vanilla almond milk

Meat

- 1.5 lb chicken breasts
- 24 slices turkey bacon
- 1.5 lb ground turkey
- 2 lb spicy Italian turkey or chicken sausage
- 1.25 lb boneless skinless chicken thighs

IF drinking Shakeology, add:

- 5 Scoops/Packets of Shakeo
- 4 c. Almond milk
- Nut butter
- Chia seeds

Spices

- Cinnamon
- Himalayan or Sea Salt
- Black pepper
- chili powder
- cayenne
- paprika
- cumin
- onion powder
- garlic powder
- dried oregano
- Italian seasoning
- red chili flakes

Frozen

- Edamame (can sub popcorn)

Treat Swap Ingredients (optional)

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IF NOT drinking Shakeology, add:

- 5 single serve Greek yogurts (or 3 3/4 c.)
- Nut butter
- Chia seeds
- Cinnamon