



Ultimate Portion Fix | 21 Day Fix

Instant Pot Meal Plan {Bracket C} Grocery List

Pantry

- nut butter of choice
- unsweetened apple sauce
- maple syrup
- honey
- vanilla extract
- cooking oil spray
- 1 carton low sodium beef broth
- 2 cartons low sodium chicken broth
- coconut aminos
- decaf hot tea
- pumpkin seeds or sunflower seeds
- apple cider vinegar
- 10 oz tomato paste
- 28 oz can crushed tomatoes
- 14 oz can tomato sauce
- rice or whole wheat flour
- old fashioned rolled oats
- Steel cut oats
- GF bread crumbs
- brown rice
- 6 GF lasagna noodles
- GF elbow pasta
- 12 corn tortillas
- olive oil
- coconut oil

Produce

- 2c. cauliflower rice
- 3 bell peppers
- 3lb bag carrots
- (optional) avocado
- 3 cucumbers
- 2 bulbs of garlic
- fresh basil
- fresh parsley
- 1 container spinach
- 2 onions
- 2 1/2 c broccoli
- fresh ginger
- 3 c baby potatoes
- 2 1/2 c green beans
- 1 red onion
- 2 lg sweet potatoes
- 4 c brussels sprouts
- 1 lime
- 3 apples
- 2 lg ripe bananas
- 5 c. berries of choice

Meat

- 6 slices turkey bacon
- 3/4 lb gr turkey or chicken
- 1 3/4 lb spicy Italian turkey or chicken sausage
- 1 1/2 lb pork tenderloin
- 2 lb boneless chuck roast
- 1 1/2 lb boneless skinless chicken thighs
- 1 lb chicken tenderloins

Dairy/Fridge

- 1 1/2 dozen eggs
- half gallon unsweetened almond milk
- shredded cheddar
- Pecorino Romano cheese
- parmesan
- ricotta
- shredded mozzarella
- Hummus

Spices

- salt (Himalayan or sea)
- GF baking soda
- cinnamon
- crushed red pepper
- garlic powder
- onion powder

Clean treat items:

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IF drinking Shakeology, add:

- Shakeology packets
- 5 c. berries of choice

IF NOT drinking Shakeology, add:

- 4 c. Greek yogurt or low fat cottage cheese
- 5 c. berries of choice