



Ultimate Portion Fix | 21 Day Fix

Full Meal Plan | 12/2/19 | {Bracket D Grocery List}

Produce

- 6 oz. blueberries
- 1 lb package strawberries
- 1 large apple
- 1 bag of grapes
- 1 small bag fresh cranberries
- 2 limes
- 5 bananas
- 1 avocado
- 1 package mixed greens (can sub spinach)
- 1 package spinach
- small head broccoli
- 2 pints of cherry tomatoes
- 1 bag matchstick carrots
- 3 c. green beans
- 7 c. raw veggies (cukes, carrots & peppers are faves)
- fresh chives
- fresh parsley (can sub dried)
- fresh dill (can sub dried)
- fresh basil
- 1 bunch cilantro
- 2 heads of garlic
- 2 yellow onions
- 1 red onion
- 1 large butternut squash
- 1 bag coleslaw mix (or chop your own cabbage)
- 1 jalapeno
- 1 can pumpkin puree
- 6 c. brussels sprouts
- 3 large sweet potatoes

Pantry

- nut butter of choice (peanut, almond, etc)
- olive oil
- olive oil cooking spray
- coconut oil
- balsamic vinegar
- apple cider vinegar
- coconut aminos
- maple syrup
- honey
- stevia
- cacao nibs
- vanilla extract
- 1 small carton chicken or veggie stock
- 1 package corn tortillas
- 1 bag gluten-free rolled oats
- 1 box gluten free pasta
- rice flour or thickener of choice
- 1 box whole wheat crackers
- 1 bag brown rice

Canned

- 1 (6 oz.) can tomato paste
- 1 (10 oz.) can of diced tomatoes with green chilies
- 1 (28 oz) can crushed tomatoes

Meat

- 2 lb boneless skinless chicken breasts
- 1 lb boneless skinless chicken thighs
- 3 packages nitrate free turkey bacon
- 3–4 pound pork shoulder or roast (or sub 2 -3 pound pork tenderloin)
- 1 –1 ½ lb flank steak
- 1 ¼ lean ground beef or Italian poultry sausage

Spices

- Himalayan or sea salt
- black pepper
- onion powder
- garlic powder
- dried parsley
- dried dill (or sub fresh)
- pumpkin pie spice
- ground cinnamon
- chili powder
- paprika
- cumin
- dried oregano
- cayenne pepper
- crushed red pepper (optional)

Clean treat ingredients

-
-
-
-
-

Dairy/Fridge

- 1 carton unsweetened vanilla almond milk
- 1 package diced or shredded cheddar
- 2 c plain Greek yogurt
- small package of crumbled goat cheese
- large container part skim ricotta cheese
- 1 (2 cup) package shredded mozzarella cheese
- container Pecorino Romano or Parmesan Cheese
- 1 dozen eggs

IF drinking Shakeology, add:

- Shakeology powder
- 5 c. berries

IF NOT drinking Shakeology, add:

- 6 eggs
- 3 apples
- 2 single serve greek yogurts
- 2 c berries