



Confessions
of a **Fit Foodie**
eat clean. *get fit. be happy.*

Grocery List {Week of 12/9/19} 21 Day Fix Meal Plan | WW Meal Plan

Monday: [21 Day Fix Simple Spaghetti Squash with Meat Sauce {Crock Pot/Instant Pot}](#)

Groceries:

- 1 medium to large spaghetti squash
- olive oil
- 5 cloves of garlic
- 1 lb organic ground turkey (or ground beef if you would rather!)
- 2 (28 oz) cans of crushed tomatoes
- Italian Seasoning
- Crushed red pepper
- Salt, Pepper
- Parmesan cheese

Tuesday: [Baked Lemon Garlic Chicken {21 Day Fix}](#) with [Easy Gluten-free Mediterranean Chickpea Salad](#)

Note: save the other half of the salad for Thursday - just keep the feta out until serving!

Groceries:

Chicken

- 1 1/4 lb boneless, skinless chicken thighs (or other lean protein)
- extra virgin olive oil
- 4 garlic cloves
- 1 lemon
- fresh thyme (or 1/4 teaspoon dried)
- maple syrup (or honey)
- red chili flakes
- Salt & pepper

Salad

- 2 cans chickpeas (3 cups)
- 1 green bell pepper
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups chopped cucumber (about one whole cucumber)
- 1 cup grape tomatoes, halved
- small red onion
- fresh chopped parsley
- 1/3 cup of feta (can double if you like or omit for vegan!)
- Optional – 6 T olives (about 30)

Dressing

- olive oil
- red wine vinegar
- salt and fresh pepper
- fresh (or sub dried) oregano
- fresh (or sub dried) basil
- garlic powder
- 1/2 lemon

Wednesday: [21 Day Fix Chicken and Veggie Stir Fry](#)

Groceries:

- 4 cups of veggies of your choice
- 1 lb Boneless chicken breast
- 3 cloves of garlic
- 1/2 lemon
- 3 T [coconut aminos](#)
- 1/2 cup chicken broth
- freshly grated ginger
- coconut oil
- cooking spray

Thursday: [Bacon Wrapped Chicken Tenders](#) w/ leftover [Easy Gluten-free Mediterranean Chickpea Salad](#)

Groceries:

Chicken

- 1 lb chicken tenderloins
- 1 package of Applegate turkey bacon or other nitrate free turkey bacon (for keto, use a no sugar pork bacon)
- sliced pepper jack, sharp cheddar, or cheese of your choice
- 1 avocado
- olive oil spray
- garlic powder
- Himalayan salt

Salad

- see grocery list from Tuesday

Friday: [Instant Pot Ramen Noodles](#)

Groceries:

- 2 tsp sesame oil
- 2 tablespoons grated or finely chopped ginger
- 4 garlic cloves
- 4 cups chicken or vegetable stock
- 1 1/4 lb skinless, bone-in chicken thighs (you can sub boneless)
- 1/3 cup [coconut aminos](#) (<—click to see what I use)
- 2 [ramen noodle cakes](#) (<—click to see what I use)
- 1–2 cups baby bok choy greens or finely chopped baby kale
- 1–2 cups shredded carrots
- Himalayan or sea salt
- (Optional toppings) 1/4 cup chopped scallions or chives, fresh chili paste (or sub sriracha), 2 soft boiled eggs for garnish