



# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan | 1/6/20 | {Bracket D Grocery List}

### Produce

- 4 onions
- 1 bag or container of spinach
- 1 container of mushrooms (baby bellas)
- fresh ginger root
- 16 oz bag coleslaw mix
- Small bag matchstick carrots
- 5 scallions
- 3 heads of fresh garlic
- Small bunch of cilantro
- 1 head butter or romaine lettuce
- 12½ c. fave raw veggies (my favorites are sliced cucumbers, green peppers, or celery and carrot sticks)
- 1 Avocado or 1 container of hummus
- 4 1/2 c berries or melon
- 5 bananas
- 1 head of broccoli
- 1 small bag of carrots
- 1 head of celery
- 2 heads of cauliflower
- 3 lb. red potatoes
- 2 green peppers
- 1 jar roasted red peppers
- 1 bag or container of kale (or sub spinach)
- Fresh basil (optional)
- 5 c. fave roasted veggies (my favorites are broccoli, green beans, squash, or asparagus)

### Pantry

- coconut oil spray
- olive oil
- coconut oil
- sesame oil
- rice vinegar
- white wine vinegar
- coconut aminos
- 4 brown rice ramen noodle cakes
- sliced almonds
- maple syrup or honey
- nut butter of choice
- sambal oelek chili paste (or sub chili garlic paste or sriracha)
- 1 box whole grain crackers
- 1 box whole grain pasta
- FIX approved dressing (optional)
- 2 (32 oz) carton chicken broth
- vegan butter or ghee
- arrowroot powder or cornstarch
- 1 bag/container steel cut oats
- Liquid stevia
- Vanilla extract

### Canned

- 8 oz can water chestnuts
- Small can tomato paste
- 14 oz can mandarin oranges
- 28 oz can crushed tom
- ~14 oz can full fat coconut milk

## Meat

- ¾ lb boneless skinless chicken breast or tenders
- 1 lb ground chicken
- 1 lb lean ground turkey
- 2 pkgs (1-1.3lb each) spicy turkey or chicken sausage
- 1 lb thin sliced chicken breasts
- 1 lb chicken tenderloins

## Spices

- Himalayan or sea salt
- Black pepper
- Dried oregano
- Dried basil
- Crushed red pepper

## Clean treat ingredients

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## Dairy/Fridge

- 1½ dozen eggs
- 1 carton almond milk
- 1 pkg turkey bacon
- 1 bag shredded cheddar cheese
- Large container ricotta cheese
- Small bag shredded parmesan cheese
- 1 bag shredded mozzarella cheese

## Frozen

- 1 bag shelled edamame

## IF drinking Shakeology, add:

- Shakeology powder
- 5 c. berries
- Nut butter

## IF NOT drinking Shakeology, add:

- 1 large container or 5 individual Greek yogurts
- 5 c. berries
- Nut butter