



## 21 Day Fix | Ultimate Portion Fix Full Meal Plan | 3/9/20 | {Bracket D Grocery List}

### Produce

- 5 bananas
- 3 apples
- 7 c. berries
- 1 bag carrots
- 1 head celery
- small onion
- 10 cloves garlic
- 1 zucchini
- 1 1/2 c. green beans
- Large bag or container of fresh spinach
- 1 med to large spaghetti squash
- 1 lime
- 1 container pico de Gallo
- 3 cups kale (can sub spinach)
- 4 cups veggies of your choice (bell peppers, zucchini, and green beans would be great)
- 1 lemon
- fresh ginger

### Spices

- Himalayan or sea salt & black pepper
- Cinnamon
- Italian seasoning
- crushed red pepper

### Pantry

- Gluten Free Steel Cut Oats
- Maple Syrup
- Nut butter of choice (peanut, almond, cashew, etc.)
- 1 package plain Rice Cakes
- Sunflower seeds
- 1 carton vegetable or chicken stock
- olive oil cooking spray
- olive oil
- 1 jar no sugar added salsa
- 1 jar no sugar added salsa verde
- coconut aminos
- chicken broth
- coconut oil
- old fashioned gluten free oats
- brown rice cereal (or sub GF oats)
- Honey
- slivered almonds
- Seeds of choice ( chia, hemp, flax, pumpkin, sunflower)
- Brown rice

### Canned

- 1 28oz can diced tomatoes
- 3 (28oz) cans crushed tomatoes
- 1 can chickpeas

## Meat

- 3 lb boneless skinless chicken breasts (can sub 1 lb for shrimp for lent)
- 1 lb ground turkey
- 1 lb Italian chicken sausage
- 1-1.5 lb pork tenderloin

## Dairy/Fridge

- 5 single serve Greek yogurts or 3 3/4 c.
- 1 bag Shaved parmesan cheese
- 1 bag shredded mozzarella
- Small container Part skim ricotta
- 1 dozen eggs

## IF drinking Shakeology, add:

- 5 packets or scoops of Shakeo
- Almond Milk
- 2 c. berries

## IF NOT drinking Shakeology, add:

- 18 slices nitrate free lunch meat
- 2 cans tuna
- Mayo
- 2 c. grapes

## Treat Swap Ingredients

- 
- 
- 
- 
- 
- 

## Frozen

- 1 steamer bag broccoli
- 1 steamer bag cauli rice
- 1 steamer bag green beans