



## 21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 6 | **Plan F Grocery List**

### Produce

- 2 c. diced fruit of choice
- large bag of spinach (5 1/2 c.)
- 3 medium cucumbers (4 3/4 c.)
- 1 bag of matchstick carrots
- 3 c. berries of choice
- 7 c. strawberries
- 2 bags of baby carrots
- 2 apples
- 1 bunch green onions
- fresh ginger root
- 12 cloves fresh garlic
- 3 bell peppers
- cilantro
- 5-6 sweet potatoes
- 1 onion
- 6 1/2 c. cauliflower rice (about 2 small heads)
- 2 c. broccoli florets
- 6 c. green beans
- 5 c. grapes
- small red onion
- 6-8 c. brussels sprouts
- 3 bananas

### Pantry

- old fashioned rolled oats
- chia seeds
- air popped popcorn (2 bags or kernels)
- GF or whole wheat panko breadcrumbs
- 1 box GF brown rice pasta
- brown rice
- 1 carton chicken broth or stock
- 1 box Whole Grain Crackers
- Nut butter of choice
- baking powder
- pure maple syrup
- vanilla extract
- honey
- balsamic vinegar
- olive oil
- shredded coconut
- cooking spray
- coconut aminos
- coconut oil
- flour of choice
- avocado oil (can sub coconut oil)
- vegan butter, butter, or ghee
- stevia (granules or liquid)

## Refrigerated

- 3 c. unsweetened almond milk\*
- 2 dozen eggs
- sm. container crumbled Feta
- 1 pkg string cheese
- 3 c. shredded cheddar cheese
- 32 oz. part skim ricotta

\*add extra 1/2 tsp vanilla to oatmeal instead of using vanilla almond milk

## Frozen

- 1 bag cubed butternut squash

## Meat

- 1 1/2 lb. grilled chicken
- 2 lb ground chicken
- 1 lb lean ground beef (or sub turkey or chicken)
- 2 lb. chicken tenders (can sub 1 lb thighs)
- 1 lb. lean ground turkey (can sub ground beef)
- 12-16 slices turkey bacon (depending on if you 1.5 or 2x sheet pan)

## IF drinking Shakeology, add:

- 3 Bananas
- 5 Scoops/Packets of Shakeo

## Spices

- Cinnamon
- Himalayan or Sea Salt
- Black pepper
- Crushed red pepper
- Oregano
- Cumin
- Garlic powder
- Onion powder
- Chili powder
- Yellow curry powder

## Canned

- 8 or 10 oz can tomato sauce
- 15oz can diced tomatoes w/ green chilies
- 1 can coconut milk
- 14 oz. can diced tomatoes
- 6 oz can + 2 T tomato paste

## Treat Swap Ingredients (optional)

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## IF NOT drinking Shakeology, add:

- 5 single serve Greek yogurts (or 3 3/4 c.)
- 1-2 bags frozen mixed fruit (4 1/2 c.)