



21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 8 | **Plan F Grocery List**

Produce

- 5 bananas
- 1 avocado
- 2 bags baby carrots
- 1 bunch cilantro
- 4 c. coleslaw mix
- Small red onion
- 1 jalapeno
- 2 limes
- 5 c. raw cucumber (about 3 lg)
- 1 cup [homemade](#) or store bought pico de gallo, or chopped cherry tomatoes
- 1 c. Favorite dippable fruit for fondue
- 2 heads garlic
- (optional) fresh parsley
- 1 onion
- 1 small bag of large carrots
- 1 head of celery
- Fresh ginger root
- 2 lemons
- (optional) fresh herbs
- 10½ c. side salad veggies - ex.) cucumbers, tomatoes, lettuce
- 5 apples
- 7½ c. raw peppers (or sub cucumbers)
- 3 medium sweet potatoes
- 4 c. berries

Pantry

- 1 loaf whole grain bread
- 1 bag chia seeds
- unsweetened cocoa powder or raw cacao powder
- Maple Syrup or Honey
- Pure vanilla extract
- Coconut aminos
- Apple Cider Vinegar
- Yellow Mustard
- Extra Virgin Olive oil
- Olive oil spray
- 1 jar Rao's marinara sauce or [homemade sauce](#)*
- 8 corn tortillas
- Coconut oil
- 1 box whole wheat or GF lasagna noodles*
- 1 box Gluten Free rotini or penne
- 1 box whole grain fettuccine or other long noodle (can sub brown rice)
- Gluten free or whole wheat flour
- Popcorn kernels
- Nut butter of choice (peanut, almond, cashew)
- 3 cartons low sodium chicken broth
- Oil & vinegar or FIX approved salad dressing
- 1 box whole grain crackers

Refrigerated

- 1½ dozen eggs
- Butter or ghee
- 1 carton Almond or cashew milk
- Large container part skim ricotta or cottage cheese
- ⅓ c. grated Parmesan cheese*
- 1 c. shredded mozzarella cheese*
- 2⅔ cup freshly shredded sharp cheddar cheese
- ¼ c. freshly shredded white cheddar cheese
- 2 T Pecorino Romano cheese (can sub parmesan)
- ⅓ c. shredded Parmesan Reggiano cheese

Meat

- 5 lb of boneless, skinless chicken tenderloins, or chicken breasts, divided use
- 1 lb ground [sweet Italian chicken sausage](#)* (can sub lean ground beef or turkey)
- 1 lb ground chicken, beef, or turkey
- 2 (8 oz) Strip Steaks (can sub Ribeye or Filet Mignon)
- 30 slices nitrate and nitrite free ham or turkey deli meat

IF NOT drinking Shakeology, add:

- 5 c. berries
- 3¾ c. plain Greek yogurt or 5 individual cups

IF drinking Shakeology, add:

- 5 scoops or packets Shakeo
- 5 c. frozen fruit

Canned

- 6 oz can tomato paste
- 14 oz can tomato sauce
- 1 can or carton Full fat coconut milk

Spices

- Everything Bagel Seasoning
- Himalayan or sea salt
- Black pepper
- Garlic Powder
- Onion Powder
- Paprika
- Chili Powder
- Cumin
- Dried oregano
- Cayenne pepper
- Turmeric powder
- Dry mustard
- (optional) crushed red pepper
- (optional) nutmeg

Frozen

- 10 oz frozen chopped spinach (can sub 2 c. fresh)*
- 1 bag frozen cauliflower rice
- 1 steam-in-bag broccoli florets
- 10 oz frozen butternut squash

*If making a double batch of Lasagna Roll Ups (see prep tips for more info.) ingredients with an asterisk will need to be doubled on your grocery run!