



21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 10 | **Plan F Grocery List**

Produce

- 5 bananas
- 2 avocados + 1 optional avocado (can sub hummus)
- 10 c. mixed greens
- 10 1/2 c. Favorite raw veggies (ex. cucumbers, celery, tomatoes, bell peppers)
- 1 apple
- 2 cups red seedless grapes
- 1/2 cup celery
- 11 cloves garlic
- 6 cups zucchini (about 3 large)
- 2 cups spinach
- Fresh basil
- Bib or butter lettuce
- 2 c. Favorite steamed veggie (ex. broccoli, green beans)
- 1 lime
- 1 red onion
- 1 jalapeno
- 1 bunch cilantro
- 1 mango
- 2-4 T fresh ginger
- 2 c. matchstick carrots
- 16 oz sugar snap peas or snow peas
- 1/4 large onion or 1/2 small
- 2 cups (8oz) of sliced baby bella mushrooms
- 1 lemon
- 6 1/2 c. berries
- 2 large sweet potatoes
- 4 cups brussels sprouts
- 2 large cucumbers

Pantry

- 1 loaf of whole grain or GF bread
- Pure vanilla extract
- Cooking oil spray
- Maple syrup
- Popcorn kernels
- 2 1/4 cups low sodium chicken broth
- 1 cup of homemade tomato sauce (or no sugar added jar sauce)
- BBQ sauce (homemade or store bought)
- Avocado or olive oil
- Coconut aminos (can sub low sodium soy sauce)
- 2 brown rice ramen noodle cakes
- Sesame oil
- (Optional) chili paste | Sambal Oelek
- Naturally sweetened ketchup
- Rice or apple cider vinegar
- Nut butter of choice
- Cornstarch
- Cocoa powder
- Yellow mustard (can omit if using store bought BBQ)
- 1-2 boxes whole grain or GF crackers (check your box size- you need 48 crackers)
- Brown rice
- (Optional) GF or whole grain burger buns - see week at a glance for options

Refrigerated

- 19 eggs
- Unsweetened almond milk (vanilla or regular)
- Optional - hummus (can use avocado)
- Mayo
- 3 T Greek yogurt

Refrigerated cont'd

- Lg container ricotta cheese
- Parmesan cheese
- 1 cup shredded mozzarella cheese
- 1/2 cup of shredded sharp cheddar cheese
- Butter or ghee
- 1/3 cup of Cotija cheese (can sub feta)

Meat

- 2 1/2 lb boneless chicken breast or tenderloins
- 1 lb lean organic Italian poultry sausage
- 1 lb ground chicken
- 2lb of large wild caught shrimp
- 2 lb lean ground chicken or ground beef
- 8 slices of all natural turkey bacon without nitrates or preservatives
- 30 Nitrate free ham or turkey slices

IF drinking Shakeology, add:

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

IF NOT drinking Shakeology, add:

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

Canned

- 1 (6oz) can tomato paste

Spices

- Cinnamon
- Himalayan or sea salt
- Ground black pepper
- Garlic powder
- Smoked paprika
- Onion powder
- [Salt free taco seasoning](#)
- Chili powder

Frozen

- 4 c. corn
- 1 bag cauliflower rice

**This plan calls for 2 servings of dinner on Tuesday and Wednesday - [Air Fryer Shrimp Tacos](#) and [BBQ chicken burgers](#) - If you are cooking for a family or if multiple people are following the plan, check to see if you will need to make a double batch (and therefore double some ingredients) or if a single batch will be enough for you.