



21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 11 | **Plan F Grocery List**

Produce

- 2 oranges
- 1 bag fresh cranberries
- 5 apples
- 2 (5 oz.) packages of baby kale
- 10 oz. romaine lettuce
- 1 container of grape tomatoes
- 2 limes
- 1-2 avocados (can sub hummus)
- 10¼ cups favorite raw veggies (ex. cucumbers, celery, tomatoes, bell peppers)
- 4 cups grapes or berries
- 4 stalks of celery
- 2 cups carrots
- 4 small onions
- 2 heads of garlic
- 1 small head of cauliflower
- (optional) fresh parsley or thyme
- (optional) fresh chives
- 1 large green bell pepper
- 2 bell peppers (any color)
- Fresh basil (can sub dried)
- Fresh ginger root
- 1–2 cups baby bok choy greens or baby kale
- 1–2 cups shredded carrots
- 5 bananas
- 1 c. fresh broccoli (can sub frozen)

Pantry

- Coconut oil, avocado oil, or extra virgin olive oil
- Maple syrup and/or honey
- Unsweetened applesauce
- Vanilla extract
- Bob's Red Mill 1-1 gluten free baking flour
- Baking soda
- Baking powder
- Parchment muffin/cupcake liners
- Raw sugar
- 1 bag Parmesan Whisps
- 1 bottle Primal Kitchen Caesar dressing
- Nut butter of choice (peanut, almond, etc.)
- 2 boxes whole grain or GF crackers
- Popcorn kernels
- 1/2 cup chia seeds
- 3–4 Tbsp. unsweetened cocoa powder or raw cacao powder
- Olive oil cooking spray
- 3 cartons low sodium chicken stock or broth
- 1 1/2 cups brown rice
- 1 box gluten free pasta
- (optional) GF or whole wheat breadcrumbs
- Sesame oil
- Coconut aminos
- Brown rice ramen noodles
- Chili paste (or sub sriracha)

Canned

- 14 oz canned petite diced tomatoes with jalapeños
- 1 cup canned black beans
- 1 (14.5oz) can of diced tomatoes
- 1 (28oz) can crushed tomatoes

Meat

- 2 packages turkey bacon
- 4 pounds chicken breast tenderloins, divided use
- 1 lb. chicken tenderloins, chicken breast, or chicken thighs
- 1 pound ground turkey, chicken, or beef
- 1/2 lb chicken sausage (Andouille Sausage is great)
- 1/2 lb medium sized raw shrimp
- 1/2 lb boneless skinless chicken thighs
- 1 1/4 lb skinless, bone-in chicken thighs (can sub boneless)

Refrigerated

- 18 eggs + 8 optional eggs (if having with breakfast) + 2 optional eggs (garnish for ramen noodles)
- 1/3 cup shaved Parmesan from a block of Parmigiano-Reggiano

IF drinking Shakeology, add:

- 5 scoops or packets of Shakeo
- 5 c. greens
- 4 c. berries

Refrigerated cont'd

- 3 cups almond or cashew milk
- Butter or ghee
- (optional) shredded Mexican cheese (can sub avocado)
- 1 cup of freshly shredded or cubed mozzarella
- 1/3 cup of Pecorino Romano or high quality Parmesan Cheese

Spices

- Cinnamon
- Himalayan or sea salt
- Ground black pepper
- Chili powder
- Cumin
- Paprika
- Garlic powder
- Onion powder
- Dried oregano
- Dried thyme
- Cayenne pepper
- (Optional) Red pepper flakes

Frozen

- 1 c. corn

IF NOT drinking Shakeology, add:

- 3¾ c. plain Greek yogurt or 5 individual cups
- 5 c. favorite raw veggies
- 4 c. berries