



21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 14 | **Plan B Grocery List**

Produce

- ☐ 1 c. side salad ingredients (greens, peppers, cucumbers, etc.)
- ☐ 6 apples
- ☐ 1 bag baby carrots
- ☐ 3¾ c. berries
- ☐ 2 pears
- ☐ 1 large bag or container of kale or spinach (or both) - need about 9½ cups total
- ☐ 1 bag matchstick carrots
- ☐ 1 small bag carrots
- ☐ 3 onions
- ☐ 10 cloves of garlic
- ☐ 8 russet potatoes
- ☐ 1 small head of cauliflower
- ☐ (Optional) Fresh parsley and/or thyme for garnish
- ☐ 2 bell peppers
- ☐ 2 large Acorn Squash
- ☐ 1 bunch celery
- ☐ (Optional) Burger toppings: dill burger pickles, sliced tomatoes, onions, etc.
- ☐ 1 head Iceberg or romaine lettuce for wrapping burger (can sub your favorite gluten free or whole wheat burger bun)

Meat

- ☐ 20 slices turkey bacon
- ☐ 2½ lb chicken breasts or tenderloins
- ☐ 1½ lb ground chicken, turkey, or beef
- ☐ 1½ lb spicy Italian chicken or turkey sausage
- ☐ 1¼ lb lean ground beef

Pantry

- ☐ Nut butter of choice (almond, peanut, etc.)
- ☐ Oil of choice (olive, avocado, etc.)
- ☐ Maple syrup
- ☐ 1 cup unsweetened applesauce
- ☐ Pure vanilla extract
- ☐ 2¼ cups of Bob's Red Mill 1:1 gluten free baking flour
- ☐ Baking soda
- ☐ Baking powder
- ☐ Parchment liners for muffins
- ☐ 1 Tbsp raw sugar
- ☐ Pecans
- ☐ Apple cider vinegar
- ☐ Dijon mustard
- ☐ 36 oz. low sodium chicken stock or broth
- ☐ ½ cup cornmeal
- ☐ Olive oil cooking spray
- ☐ 1 cup cooked Quinoa
- ☐ ¼ cup dried cranberries
- ☐ 3 cups of cooked gluten free or whole grain pasta (2 cups raw if making pumpkin pasta in IP)
- ☐ 4 Tbsp naturally sweetened ketchup
- ☐ 2 Tbsp yellow mustard
- ☐ 2 tsp mayo
- ☐ Coconut oil
- ☐ ½ cup cocoa powder
- ☐ (Optional) GF or whole wheat burger bun if not using lettuce wrap for burgers
- ☐ Popcorn kernels for air popping

Canned | Jarred

- ☐ 1 can black beans (freeze any extras)
- ☐ 1 (10 oz) can of mild diced tomatoes with green chilis
- ☐ 1 (14 oz) can of tomato sauce
- ☐ 1 can canned pumpkin puree
- ☐ ½ cup of full fat coconut milk (freeze your leftovers)

Refrigerated | Frozen

- ☐ 8 eggs
- ☐ ½ lb. sliced cheddar cheese
- ☐ 7 Tbsp butter
- ☐ 1¼ cup unsweetened almond milk or 1% milk
- ☐ 1 cup shredded Cheddar cheese
- ☐ ⅔ cup of shredded parmesan cheese

IF drinking Shakeology, add:

- ☐ 5 packets/ scoops of Shakeology
- ☐ Ground flax and/or hemp hearts
- ☐ 5 cups of your favorite fruit

Spices

- ☐ Ground cinnamon
- ☐ Pumpkin pie spice (can sub allspice)
- ☐ Himalayan or sea salt (coarse and fine are both called for in different recipes, if you have them)
- ☐ Ground black pepper
- ☐ Chili powder
- ☐ Cumin
- ☐ Paprika
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Oregano
- ☐ Cayenne pepper

IF NOT drinking Shakeology, add:

- ☐ 3¾ c. plain Greek yogurt or 5 individual yogurts
- ☐ Ground flax and/or hemp hearts
- ☐ 5 cups of your favorite fruit