



21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 15 | **Plan C Grocery List**

Produce

- 6¼ cups of your favorite sliced veggies (cucumbers, bell peppers, celery, etc.)
- 10 clementines
- 5 c. berries
- Small red onion
- 3 cups cubed butternut squash
- 3 cups halved Brussels sprouts
- 3½ medium onions
- 1 jalapeno
- 12 cloves garlic
- 1½ cups carrots
- 1½ cups celery
- 3 large or 6 small zucchini
- 1 small container baby spinach
- Fresh basil (can sub dried)
- 2 bell peppers
- 4½ cups green beans
- 1 lemon
- 2 cups (8oz) baby bella mushrooms
- (Optional) avocado topping for tortilla soup

Meat

- 12 slices all natural turkey bacon without nitrates
- 6 lb boneless skinless chicken breasts or tenderloins
- 1 lb spicy or sweet Italian turkey sausage
- 1½ lb lean ground sirloin beef, or other ground meat
- 1½ lbs boneless skinless chicken thighs

Refrigerated | Frozen

- 10 eggs
- 2⅓ cups shredded cheddar cheese (only 1⅓ cups if subbing avocado on tortilla soup)
- ⅔ cup Shredded Parmesan cheese or pecorino romano
- Small container ricotta cheese
- 2¼ cup frozen corn
- 1 cup freshly shredded or cubed mozzarella
- Butter
- 2 cups dairy free milk - almond or cashew are my favorites

Pantry

- Nut butter of choice (almond, peanut, etc.)
- Oil of choice (olive, avocado, etc.)
- Apple cider or red wine vinegar
- 14 cups organic low sodium chicken broth or stock (4 cartons)

- 12 corn tortillas
- Olive oil cooking spray
- 1½ cups dry lentils (Bob's Red Mill are my fave)
- Honey and/or maple syrup
- Coconut aminos
- Coconut oil
- Rice flour (can sub whatever thickener you like)
- Brown rice
- 1 box gluten free pasta
- Your favorite breadcrumbs
- Sesame oil
- Mayo
- Naturally sweetened ketchup
- ½ cup chia seeds (Bob's Red Mill are my fave)
- Unsweetened cocoa powder or raw cacao powder
- Vanilla extract
- 1 box gluten free or whole grain crackers

Canned | Jarred

- 3 (10 oz.) cans diced tomatoes with green chilies
- 2 (15 oz.) can diced tomatoes
- 1 can no salt added black beans
- 1 small can refried beans
- 1 Tbsp tomato paste
- 1 (28 oz) can crushed tomatoes

Spices

- Himalayan or sea salt
- Cumin
- Chili powder
- Paprika
- Black pepper
- Crushed red pepper
- Garlic powder
- Onion powder
- Dried oregano
- Cayenne pepper
- Ground cinnamon

IF drinking Shakeology, add:

- 5 packets/ scoops of Shakeology
- 5 cups of your favorite fruit

IF NOT drinking Shakeology, add:

- 3¾ cups plain Greek yogurt or 5 individual yogurt
- 5 cups of your favorite fruit