



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

Produce

- ☐ 6¼ cups of your favorite sliced veggies (cucumbers, bell peppers, celery, etc.)
- ☐ 10 clementines
- ☐ 5 c. berries
- ☐ Small red onion
- ☐ 6 cups cubed butternut squash
- ☐ 6 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
- ☐ 5 bananas
- ☐ 16 cups cauli rice (if making double batch of tortilla soup, 10 if not) - can sub frozen
- ☐ 3 medium cucumbers

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
- ☐ 44 slices nitrate free deli ham or turkey (about 1½ lb)

Refrigerated | Frozen

- ☐ 10 eggs
- ☐ 2⅓ cups shredded cheddar cheese (only 1⅓ cups if subbing avocado on tortilla soup)
- ☐ ¾ cup Shredded Parmesan cheese or pecorino romano
- ☐ Large 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
- ☐ Popcorn kernels for air popping (or a bag of plain store bought popcorn)

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