



21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 18 | **Plan F Grocery List**

****Dinner on M-F calls for 2 servings. When creating your grocery list double check if you will have to double a recipe in order to feed the rest of the people in your home AND have 2 servings of your own.**

Produce

- 1 large bag baby carrots
- 1-2 avocados
- 1 cup berries or grapes
- 10 cups green beans
- 4 large bananas
- 5 medium apples
- 6 cups red seedless grapes
- 1 head of celery
- 10 cups mixed greens
- 4 large green bell peppers
- 2 bell peppers (any color)
- 11 cloves garlic
- 2 onions
- 1 small zucchini
- Fresh basil
- Small red onion
- 1 lime
- 1 head bibb or Boston lettuce
- 2 cups mushrooms
- 3 Tbsp shallots (about 1 large)
- 1 pint cherry or grape tomatoes
- 2 lb baby potatoes
- 1 cup carrots
- 1 small head of cauliflower or ½ of a large head
- Green onion for garnish
- 5 cups sliced cucumber

Meat

- 1 lb ground chicken
- 1 lb boneless chicken breast or tenderloins
- 2 lb lean ground beef
- 1 lb organic ground turkey or chicken
- 1-2 lb chicken thighs or boneless tenderloins
- 4 boneless pork chops
- 30 slices nitrate free deli ham or turkey

Refrigerated | Frozen

- 1⅔ cup unsweetened vanilla almond milk
- 1⅓ cups shredded Italian cheese blend

- 2 Tbsp Greek yogurt
- ⅔ cup shredded cheddar cheese or Mexican blend
- 3½ Tbsp butter, vegan butter, or ghee
- ⅔ cup pecorino romano or parmesan cheese
- 1⅓ cup shredded extra sharp cheddar cheese
- 12 eggs
- 5 Tbsp mayo

Pantry

- 1-2 boxes whole grain crackers (48 crackers)
- 1 box GF or whole grain pasta
- Maple syrup and/or honey
- Olive oil
- Cooking oil spray
- 1⅔ cups gluten-free rolled oats
- Nut butter of choice (peanut, almond, etc.)
- 2 cartons low sodium chicken broth
- ½ cup uncooked quinoa
- ¾ cup Marsala wine
- 1 Tbsp of your fave flour or thickener (cornstarch, rice flour, etc.)
- (optional) 1 tsp Worcestershire sauce
- ¼ cup coconut oil (or sub avocado oil)
- ½ cup cocoa powder
- 1 tsp vanilla
- ¼ cup coconut flour
- ¼ tsp baking soda
- (optional) 1 tsp instant coffee or 1 Tbsp brewed coffee
- 1 package corn or flour tortillas

Canned | Jarred

- 2 cups homemade or no sugar added tomato sauce
- 1 can black beans
- ½ cup corn (can sub frozen)
- 10 oz can tomatoes with green chilies

Spices

- Ground cinnamon
- Poultry seasoning
- Smoked paprika or sub regular paprika
- Garlic powder
- Onion powder
- Dried rubbed sage
- Nutmeg
- Himalayan or sea salt
- Ground black pepper
- Cumin
- Dried basil

- Dried oregano
- Paprika
- Chili powder
- Cayenne pepper

IF drinking Shakeology, add:

- 5 packets/ scoops of Shakeology
- 2 Tbsp hemp, chia, or flax seed
- 5 cups of berries
- 5 cups frozen spinach

IF NOT drinking Shakeology, add:

- 3³/₄ cups plain Greek yogurt or 5 individual yogurts
- 2 Tbsp hemp, chia, or flax seed
- 5 cups of berries
- 5 cups sliced cucumber or peppers

Other:

- Treat swap ingredients