



# 21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 3 | **Plan C Grocery List**

## **Produce**

- 6 oz. blueberries
- 1 lb package strawberries
- 1 large apple
- 2 limes
- 1 avocado
- 1 package mixed greens (can sub spinach)
- 1 package spinach
- small head broccoli
- 2 pints of cherry tomatoes
- 1 bag matchstick carrots
- 2 ½ c. green beans
- 5 c. raw veggies (cukes, carrots & peppers are faves)
- fresh chives
- fresh dill (can sub dried)
- fresh basil
- 1 bunch cilantro
- 2 heads of garlic
- 2 yellow onions
- 1 red onion
- 1 bag coleslaw mix (or chop your own cabbage)
- 1 jalapeno
- 3 large bananas
- 3 large sweet potatoes
- 6 cups Brussels sprouts

## **Pantry**

- nut butter of choice (peanut, almond, etc)
- olive oil
- olive oil cooking spray
- coconut oil
- balsamic vinegar
- apple cider vinegar
- coconut aminos
- maple syrup/honey
- stevia
- vanilla extract
- 1 carton chicken broth
- 1 package corn tortillas

## **Pantry (Continued)**

- 1 bag gluten-free rolled oats
- 2 boxes gluten free pasta
- rice flour or thickener of choice
- Gluten free breadcrumbs
- Seeds of choice (pumpkin, chia, sunflower, flax)
- 1 box whole grain crackers
- Brown rice

## **Canned**

- 1 (6 oz.) can tomato paste
- 1 (10 oz.) can of diced tomatoes with green chilies
- 1 (28 oz) can crushed tomatoes

## **Meat**

- 1 ½ lb boneless skinless chicken breasts
- 1 lb boneless skinless chicken thighs
- 3–4 pound pork shoulder or roast (or sub 2 -3 pound pork tenderloin)
- 1 –1 ½ lb flank steak
- 1 ¼ lean ground beef or Italian poultry sausage
- 12 slices all natural turkey bacon

## **Fridge/Freezer**

- 1 carton unsweetened vanilla almond milk
- 1 package diced or shredded cheddar
- 2 c plain Greek yogurt
- 3 tsp butter
- large container part skim ricotta cheese
- 2 cups shredded mozzarella cheese
- 2 cups shredded cheddar cheese
- container Pecorino Romano or Parmesan Cheese
- 10 oz bag of frozen butternut squash
- 5 eggs

## **Spices**

- Himalayan or sea salt
- black pepper
- onion powder
- garlic powder
- dry mustard
- dried dill (or sub fresh)
- ground cinnamon
- chili powder

**Spices (cont'd)**

- paprika
- cumin
- dried oregano
- cayenne pepper
- crushed red pepper (optional)

**IF drinking Shakeology, add:**

- Shakeology powder
- 5 c. berries

**IF NOT drinking Shakeology, add:**

- 6 eggs
- 3 apples
- 2 single serve greek yogurts
- 2 c berries