



# 21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 20 | **Plan D Grocery List**

## **Produce**

- 2 bananas
- 2 cups fresh or frozen blueberries
- 8 cups Spring Mix
- 1½ cup Grape tomatoes
- 1 red onion
- 6 apples (fuji or honey crisp)
- 1 cup carrots
- 1 cup celery
- 2 yellow onions
- 4 cloves garlic
- 4 large zucchini
- 6½ cups green beans
- 1½ cups spinach
- 8 large bell peppers
- 1 Tbsp fresh ginger
- 2 Tbsp green onions (optional garnish)
- 1 lemon
- Fresh parsley (optional garnish)
- Capers (optional garnish)
- 1 cup shredded romaine or iceberg lettuce
- 5 cups snap peas
- 1 large bag baby carrots
- 10 cups berries or grapes

## **Meat**

- 2 lb boneless skinless chicken breasts
- 2½ lbs lean ground beef
- 2 lbs boneless skinless chicken thighs (can sub chicken breasts)
- 1 lb chicken breasts thinly sliced
- 16 slices turkey bacon
- 30 slices nitrate free deli ham or turkey (about 1 lb)

## **Refrigerated | Frozen**

- 1¾ cups unsweetened almond milk
- ½ cup Gorgonzola cheese
- ⅔ cup shredded cheddar or Monterey Jack cheese
- 7 tsp butter, vegan butter, or ghee
- 2 slices Mozzarella cheese
- 4 slices American cheese or your favorite cheese
- ¼ cup plain low fat Greek yogurt
- 2 tsp mayo
- 18 eggs

## Pantry

- 2 tablespoons hemp seeds, flax seeds, or chia seeds
- 2 cups Bob's Red Mill Protein Oats or any brand old fashioned oats
- 1 package Apple Chips
- Brown sugar or coconut sugar
- ½ cup pecans
- Avocado oil or olive oil
- White balsamic vinegar or white wine vinegar
- Dijon mustard
- 32 oz organic low sodium vegetable or chicken stock
- Avocado or Olive Oil Cooking spray
- 2 Tbsp bourbon or sub apple juice
- Maple syrup and honey
- Rice vinegar or apple cider vinegar
- Naturally sweetened ketchup
- Coconut aminos or tamari (can sub soy sauce)
- Cornstarch (can sub arrowroot for grain free)
- Brown rice
- Gluten free flour (you can sub whatever flour you have on hand)
- 6 oz. chicken broth
- ¼ cup dry white wine
- Coconut oil
- 2 Tbsp cocoa powder
- Vanilla extract
- 1-2 packages GF tortillas (can sub regular flour tortillas if not gluten free)
- Yellow mustard
- Peanut butter or other nut butter of choice
- 1 Tbsp coconut flour or peanut butter powder
- 1 box whole grain or GF crackers
- Popcorn kernels or 1 large bag plain popped popcorn

## Canned | Jarred

- 28 oz can diced tomatoes (can sub a 14 oz can or fresh tomatoes too)
- 14.5 oz can diced tomatoes or 10 oz. can diced tomatoes with green chilis
- 1 jar dill pickles

## Spices

- Ground cinnamon
- Onion powder
- Garlic powder
- Ground ginger
- Himalayan or sea salt
- Chili powder
- Paprika
- Cumin
- Dried oregano
- Cayenne pepper
- Ground black pepper

**IF drinking Shakeology, add:**

- 5 packets/ scoops of Shakeology
- 5 cups of your fave fruit
- 5 cups of greens (spinach works best with this grocery list!)

**IF NOT drinking Shakeology, add:**

- 3¾ cups plain Greek yogurt or 5 individual yogurts
- 5 cups of your fave fruit
- 5 cups of sliced cucumber

Note: there are 2 servings of dinner on Wednesday and Thursday. You may need to make adjustments to ingredient amounts and make a double or 1.5 batch, if cooking for a family in addition to yourself.