



## 21 Day Fix | Ultimate Portion Fix

### Full Meal Plan Vol. 7 | Plan F Grocery List

#### Produce

- 5 c cucumber
- 9 c. broccoli florets (can sub cauli rice for 3 1/2 c.)
- 1 1/2 c. grape tomatoes
- Sm. red onion
- 3 lemons
- Fresh Oregano (can sub dried)
- Fresh Basil (can sub dried)
- 1 bag baby carrots
- 5 c grapes or berries
- 2 avocados
- 1 sm-med head of cauliflower
- 3 lg zucchini
- 8 c. side salad veggies - ex.) cucumbers, tomatoes, lettuce
- 2 onions
- 3 bell peppers
- 6 cloves garlic
- 2 c. cauliflower rice
- 1 shallot
- Fresh ginger
- Scallions
- 2-3 lb bag carrots
- 2 lg sweet potatoes
- 2 Lg sweet potatoes
- 5 Bananas
- 5 c. fave raw veggies
- 3 apples
- 2 pears

#### Pantry

- Baking powder
- Arrowroot flour
- Raw sugar
- Vanilla extract
- 4 c. Rolled Oats
- Coconut or avocado oil cooking spray
- Maple syrup
- Stevia
- Tuna\*
- 3 cups cooked whole wheat or GF pasta
- 20 olives
- Olive oil
- Red wine vinegar
- Nut butter
- Rice flour
- 1 carton low sodium chicken broth
- Coconut oil
- Coconut aminos
- Honey
- 1 loaf Whole Grain bread

#### Canned

- 20 oz canned tomato sauce
- 1 (14oz) can fire roasted diced tomatoes
- 2 (14oz) can tomato sauce
- 2 (10oz) can diced tomato w/ green chilies

## Refrigerated

- 2 dozen eggs
- 1 carton almond milk
- Butter (can sub vegan butter, ghee, or coconut oil)
- Cottage Cheese\*
- 1 c. feta cheese
- 2 c. shredded cheddar cheese
- Mayonnaise\*

## Meat

- 20 slices Turkey Bacon
- Grilled chicken\*
- 1lb lean ground beef
- 3lb lean ground turkey, chicken, or beef
- 1 lb spicy Italian turkey sausage (can sub sweet)
- 1 lb boneless chicken tenderloins
- 40 slices nitrate free turkey lunch meat

## Treat Swap Ingredients (optional)

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## IF drinking Shakeology, add:

- 5 scoops or packets Shakeo
- 5 c. frozen fruit

## IF NOT drinking Shakeology, add:

- 5 c. strawberries
- Lg container part skim ricotta cheese

## Spices

- Himalayan or sea salt
- Black Pepper
- Cinnamon
- Garlic powder
- Everything bagel seasoning
- Chili powder
- Paprika
- Cumin
- Onion Powder
- Dried oregano
- Cayenne pepper
- Dried basil
- Crushed red pepper

\*For lunch, the meal plan says to top pasta salad with grilled chicken or tuna. Tuna can be prepped by either: 1. Mix 1 can of tuna w/ 1-2 tsp mayo (don't forget to count this) and filling red container (scant 1 can = 1 RED); or 2. Mix 1 can of tuna with  $\frac{3}{4}$  c. cottage cheese = 2 RED. Then use half one day and save rest for the next day. SO these ingredients with an \* may vary based on your preferences.