



21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 19 | **Plan F Grocery List**

Produce

- 5 bananas
- 3 onions
- 4 cups fresh spinach
- 1 cup mushrooms
- 4½ c. cauliflower rice (can sub frozen)
- 3 heads of romaine
- 1 bag matchstick carrots
- (Optional) 1 avocado (can sub shredded cheese)
- 10 garlic cloves
- Fresh basil
- 7 bell peppers
- (Optional) fresh parsley
- 1 bunch green onions
- 2 Tbsp fresh ginger
- 6 c. green beans
- 1 lemon
- (Optional) fresh herbs
- 3-5 lb. russet, Yukon gold, or red potatoes
- 2-3 large zucchini or yellow squash
- Small red onion
- 3 small sweet potatoes
- 5 c. berries
- 10 clementines or mandarins
- 3 medium cucumbers

Meat

- 8 slices turkey bacon
- 4¼ lb ground meat of your choice (beef, chicken, turkey)
- 1 lb ground chicken
- 4-5 lb whole chicken
- 30 slices nitrate free ham or turkey deli meat

Refrigerated | Frozen

- 9 eggs
- ¼ cup unsweetened almond milk
- 1 c. shredded cheddar, crumbled feta, or other cheese of your choice
- 4 Tbsp Greek yogurt
- 15 oz. container part skim ricotta cheese
- 2 c. shredded mozzarella
- ⅓ c. parmesan cheese
- 4 slices monterey jack or pepper jack cheese
- ¾ c. butter, vegan butter, or ghee
- ⅓ c. blue cheese
- 4½ c. low fat cottage cheese

Pantry

- Nut butter of choice (almond, peanut, cashew, etc.)
- Cooking oil spray
- 1 large bag tortilla chips or 2 packages corn tortillas
- 1 jar no sugar added salsa
- Olive or avocado oil
- 2 cartons chicken broth or stock
- 6 gluten free lasagna noodles (or use whole wheat)
- Brown rice
- Coconut oil
- Coconut aminos
- ¼ cup gluten free or whole wheat panko breadcrumbs
- Honey
- Gluten free flour (can sub any thickener you have on hand)
- 1 package whole grain or GF flatbreads/wrap
- ⅓ cup hot sauce
- 1½ c. unsweetened shredded coconut
- ¼ c. coconut flour
- Vanilla extract
- Maple syrup
- Cocoa powder
- Treat swap ingredients
- 5 slices of toast or 3 English muffins
- Mayo

Canned | Jarred

- 3 (8 oz) + 1 (14 oz) cans low sodium tomato sauce
- 28 oz can crushed tomatoes
- 2 Tbsp tomato paste

Spices

- Himalayan or sea salt
- Ground black pepper
- Cumin
- Chili powder
- Paprika
- Onion powder
- Garlic powder
- Dried oregano
- Cayenne
- (Optional) Crushed red pepper
- Ground Cinnamon

IF drinking Shakeology, add:

- 5 packets/ scoops of Shakeology
- 1 c. berries

IF NOT drinking Shakeology, add:

- 3¾ cups plain Greek yogurt or 5 individual yogurts
- 1 c. berries