

21 Day Fix

Week One Grocery List

** I DID NOT ADD SEASONING OR DRESSING INGREDIENTS TO GROCERY LIST!!
YOU WILL NEED TO ADD THE INGREDIENTS YOU WOULD LIKE FOR
YOUR PERSONAL USE FOR THESE TWO CATEGORIES** pages 43, 56-59

Meat

- Chicken Breast (or ground chicken)
- Red Meat (extra lean)/ Beef
- Turkey (breast or ground)

Vegetables

- Romaine Lettuce
- Cucumbers
- Tomatoes (cherry or 2 med is one serving)
- Bell Peppers
- Lettuce Leaf
- Carrots
- Snow Peas
- Asparagus (10 spears per serving)
- Onion
- Sweet Potatoes

Fruit

- Apples
- Strawberries
- Blueberries

Dairy

- Eggs
- Almond Milk (I buy Silk, Vanilla Unsweetened)
- Greek yogurt, plain 1%

Grains

- Oatmeal (steel-cut or rolled) I preferred rolled
- Quinoa
- Brown rice

Oils/Condiments

- Hummus (probably plain or garlic if you want flavor)
- Smoked Paprika
- Raw Almonds (sea salt maybe if you won't eat the raw)
- EVOO (Extra Virgin Olive Oil)
- Cinnamon