

My Go-TO 21 Day Fix Grocery List



GREEN – Broccoli, Spinach, Lettuce (for salads), Cucumbers, Tomatoes, Green Pepper, Carrot sticks, Green Beans, Spaghetti Squash, Butternut Squash, Cauliflower, Brussel Sprouts

PURPLE – Frozen Berries (to mix into Shakeology or with plain greek yogurt), Apples, Banannas, Grapes, Pineapples (to mix with cottage cheese)

YELLOW – Brown Rice, Whole Wheat Bread, Various Beans/Legumes, Frozen Whole Wheat Waffles, Corn or whole wheat tortillas, Sweet Potatoes/Potatoes

RED – Chicken Breast, 93/7 Ground Beef, Ground Turkey, Pork Tenderloin, 2% Cottage Cheese, Nonfat plain Greek Yogurt, Eggs (2), Deli lunchmeat, Shakeology

BLUE – Avocado, Hummus (for dipping carrots and cucumbers, cauliflower, etc), Almonds, Peanuts, Almond or Coconut Milk, 2% Cheese (Swiss, Cheddar, etc)

ORANGE – Natural Peanut Butter/Almond Butter, 21 Day Fix Salad Dressings, Olives, Shredded Coconut, Chopped Nuts, Sunflower Seeds

TEASPOONS – Extra Virgin Olive Oil, Coconut Oil, Natural Peanut Butter/Almond Butter