

21 Day Fix-Approved Food Shopping List

Kale	Artichokes
Collards	Eggplant
Spinach	Okra
Brussel Sprouts	Jicama
Broccoli	Snow Peas
Asparagus	Cabbage
Beets	Cucumbers
Tomatoes	Celery
Squash	Lettuce
String Beans	Mushrooms
Peppers	Radishes
Carrots	Onions
Cauliflower	Sprouts
Raspberries	Grapes
Blueberries	Kiwi fruit
Blackberries	Mango
Strawberries	Peach
Watermelon	Nectarine
Cantaloupe	Pear
Orange	Pineapple
Tangerine	Banana
Apple	Papaya
Apricots	Figs
Grapefruit	Honeydew Melon
Cherries	
Sardines	Tempeh
Chicken Breast	Tofu
Turkey Breast	Pork Loin
Ground Chicken	Tuna
Ground Turkey	Turkey Slices
Wild Fish	Ham Slices
Wild Game	Ricotta Cheese
Eggs	Cottage Cheese
Greek Yogurt, plain	Protein Powder
Yogurt, plain	Veggie Burger
Shellfish, Clams	Turkey Bacon
Lean Red Meat	Shakeology
Ground, Lean Beef	
Pumpkin Seeds	Olives
Sunflower Seed	Peanuts
Sesame Seeds	Coconut
Flaxseed	

Sweet Potato	Bulgar
Yams	Steel Cut Oats
Quinoa	Rolled Oats
Beans	Pasta (wg)
Lentils	Couscous Crackers (wg)
Edamame	Cereal (wg)
Peas	Bread (wg)
Refried Beans	Pita Bread (wg)
Brown Rice	Waffles (wg)
Wild Rice	Pancakes (wg)
Potato	English Muffins (wg)
Corn	Bagel (wg)
Amaranth	Tortilla (wg)
Millet	Corn Torilla
Buckwheat	
Barley	
Avocado	Coconut Milk
Almonds	Feta Cheese
Peanuts	Goat Cheese
Pistachios	Mozzarella
Pecans	Cheddar
Walnuts	Provolone
Hummus	Monterey Jack
Parmesan	
Extra Virgin Olive Oil	Pumpkin seed oil
Coconut Oil	Nut butters
Flaxseed Oil	Seed butters
Walnut Oil	
Water	Spices
Lemon & Lime Juice	Garlic
Vinegars	Ginger
Mustard	Hot Sauce (tobasco)
Herbs	Flavor Extracts
Notes:	
Avoid the inner aisles of the grocery store	
(wg) stands for whole grain	
Use salt-free spices only	
www.thefitnessfocus.com	