

# 21 DAY FIX WEEK 1

## SHOPPING LIST

### RED CONTAINER

1. Shakeology
2. Greek yogurt
3. Eggs
4. Turkey deli slices
5. Tuna (canned)
6. Lean white meat (ground turkey or breast, pork loin, etc.)
7. Organic chicken breast

### GREEN CONTAINER

1. Cucumbers
2. Lettuce (romaine and your favorite mix)
3. Carrots
4. Tomatoes
6. Spinach
7. Asparagus
8. Peppers (green and sweet)
9. Mushrooms
10. Green beans
11. Onions

### PURPLE CONTAINER

1. Bananas
2. Apples
3. Strawberries

### YELLOW CONTAINER

1. Black or pinto beans
2. Corn tortillas
3. Sweet potatoes
4. Whole wheat crackers
5. Whole wheat pita bread
6. Whole wheat pasta

### BLUE CONTAINER

1. Cheddar cheese
2. Hummus
3. Avocado
4. Goat cheese
5. Feta cheese

### ORANGE CONTAINER

1. Kalamata olives
2. Ingredients for your favorite Fix salad dressings
3. Seeds (sunflower, pumpkin, etc.)

### TEASPOON | FREE

1. Olive and/or coconut oil
2. Nut butter (peanut, almond, etc.)
3. Greek seasoning
4. Italian seasoning
5. Dijon mustard
6. Garlic