

Tweaked Foodie's 21 Day Fix Grocery List - February 2017

Asparagus
Acorn Squash
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Green Beans
Mushrooms
Onion
Peppers
Romaine
Salsa (freshly made or pico)
Spinach
Stir Fry Mix
Summer Squash
Tomatoes
Vegetable Broth

Apple
Applesauce (unsweetened)
Banana
Blueberries
Cherries
Grapes
Pineapple
Pumpkin (puree)
Salsa (store bought)
Tomato Sauce (plain or marinara)
Strawberries
Watermelon

Beef (lean ground)
Beef Broth
Chicken Breast
Crab
Eggs
Egg Whites
Ham (sliced)
Pork Tenderloin
Salmon
Shakeology
Shrimp
Turkey (lean ground)
Turkey (sliced)
Turkey Bacon
Veggie Burger

Almond Milk
Beans (black, kidney, garbanzo, refried)
Brown Rice
Corn on the cob
Corn Tortillas
Couscous
Chicken Broth
Edamame
Lentils
Oatmeal (steel cut or rolled)
Peas
Sweet potato
Quinoa
White Potato
WG Bagel
WG Bread
WG English Muffin
WG Cereal
WG Crackers
WG Pancakes
WG Pasta
WG Tortilla
WG Waffles
*WG - Whole Grain

Avocado
Coconut Milk
Feta Cheese
Goat Cheese
Nuts (whole, raw)

21 Day Fix Dressing
Flax Seed
Olives
Peanuts
Pine Nuts

Butter
EVO
Nut Butters
Mayo

Flavor Extracts
Herbs
Hot Sauce
Lemon & Lime Juice
Jalapenos
Spices (no salt)

Based on the updated [21 Day Fix Food List](#). Check out [Tweakedfoodie.com](#) for recipes and motivation!

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