21 DAY FIX GROCERY LIST

VEGGIES

CONTAINERS PER DAY

FRUITS

CONTAINERS PER DAY

CARBS

CONTAINERS PER DAY

HEALTHY FATS

CONTAINERS PER DAY

SEEDS & DRESSINGS

CONTAINERS PER DAY

PROTEINS

CONTAINERS PER DAY

TEASPOONS

TEASPOONS PER DAY

FREE FOODS

vinegars	lemon & lime juice	mustard
herbs & spices	garlic	hot sauce
ginger	flavor extracts	coffee & teas