

21 DAY FIX GROCERY LIST



VEGGIES

12 horizontal lines for listing items.



CONTAINERS PER DAY



FRUITS

10 horizontal lines for listing items.



CONTAINERS PER DAY



CARBS

10 horizontal lines for listing items.



CONTAINERS PER DAY



HEALTHY FATS

6 horizontal lines for listing items.



CONTAINERS PER DAY



SEEDS & DRESSINGS

6 horizontal lines for listing items.



CONTAINERS PER DAY



PROTEINS

8 horizontal lines for listing items.



CONTAINERS PER DAY



TEASPOONS

4 horizontal lines for listing items.



TEASPOONS PER DAY



FREE FOODS

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