

21 DAY FIX GROCERY LIST

PREPARATION IS THE KEY TO SUCCESS

journeytoahealthyself.com

VEGGIES

Containers per day = ___

FRUITS

Containers per day = ___

HEALTHY FATS

Containers per day = ___

CARBS

Containers per day = ___

PROTEINS

Containers per day = ___

SEEDS & DRESSINGS

Containers per day = ___

FREE FOODS

TEASPOONS

