

21 Day Fix Eating Plan

GREEN

Kale
Collard Greens
Spinach
Brussels Sprouts (5 medium)
Broccoli, chopped
Asparagus, 10 large spears
Beets, 2 medium
Tomatoes, chopped, cherry or 2 medium
Squash (Summer), sliced
Winter Squash (All varieties), cubed
String Beans
Peppers, sweet, sliced
Carrots, sliced or 10 medium baby
Cauliflower, chopped
Artichokes, 1/2 large
Eggplant, 1/2 medium
Okra
Jicama, sliced
Snow peas
Cabbage, chopped
Cucumbers
Celery
Lettuce (Not Iceberg)
Mushrooms
Radishes
Onions, chopped
Sprouts

PURPLE

Raspberries
Blueberries
Blackberries
Strawberries
Watermelon, diced
Cantaloupe, diced
Orange, 1 Medium
Tangerine, 2 small
Apple, sliced
Apricots, 4 small
Grapefruit, 1/2 large
Cherries
Grapes
Kiwifruit, 2 medium
Mango, sliced
Peach, sliced or 1 medium
Nectarine, sliced or 1 large
Pear, sliced or 1 large
Pineapple, diced
Banana, 1/2 large
Papaya, diced
Figs, 2 small
Honeydew Melon, diced

RED

Sardines, 7 medium
Chicken or Turkey Breast, skinless, cooked
Ground Chicken or Turkey, cooked
Fish (Fresh Water: Tilapia, Trout, Catfish)
Fish (Cold Water: Wild Cod, Salmon, Halibut, Tuna, cooked)
Game (Buffalo, Bison, Venison: cooked, diced)
Game (> 95% Lean Ground, cooked, diced)
Eggs, 2 Large
Greek Yogurt, Plain 1%
Yogurt, Plain 2%
Shellfish (Shrimp, Crab, Lobster), cooked
Clams, canned and drained
Red Meat, Extra-Lean, cooked, diced
Lean Ground Red Meat (> 95% lean), cooked
SHAKEOLOGY, 1 SCOOP
Tempeh
Tofu, firm
Pork Tenderloin
Tuna, canned light in water, drained
Turkey or Ham Slices, low-sodium, fat-free, 6 slices
Ricotta Cheese, light
Cottage Cheese, 2%
Protein Powder, 1 1/2 scoops
Veggie Burger, 1 medium patty
Turkey Bacon (reduced fat), 4 slices

YELLOW

Sweet Potato
Yams
Quinoa, cooked
Beans (Kidney, Black Garbanzo, etc)
Lentils, cooked, drained
Edamame, shelled
Peas
Refried Beans, nonfat
Brown Rice, cooked
Wild Rice, cooked
Potato (1/2 medium or mashed)
Corn on the Cob, 1 ear
Amaranth, cooked
Millet, cooked
Buckwheat, cooked
Barley, cooked
Bulger, cooked
Oatmeal, steal cut, cooked
Oatmeal, rolled, cooked
Pasta, whole grain, cooked
Couscous, whole wheat, cooked
Crackers, whole grained, 8 small
Cereal, whole grain, low sugar
Bread, whole grain, 1 slice
Pita Bread, whole wheat, 1 small
Waffles, whole grain, 1 waffle
Pancakes, whole grain, 1 small
English Muffin, whole grain, 1/2 muffin
Bagel, whole grain, 1/2 small
Tortilla, whole wheat, 1 small
Tortilla, corn, 2 small

ORANGE

Pumpkin Seeds, raw
Sunflower Seeds, raw
Sesame Seeds, raw
Flaxseed, ground
Olives, 10 medium
Peanuts
Coconut, unsweetened, shredded
21 Day Fix Dressings

BLUE

Avocado, mashed or 1/4 medium
12 Almonds
8 cashews
14 Peanuts
20 Pistachios
10 Pecan Halves
8 Walnut Halves
Hummus
Coconut Milk, canned
Feta Cheese, crumbled
Goat Cheese, crumbled
Mozzarella, shredded
Cheddar, shredded
Provolone, shredded
Monterey Jack, shredded
Parmesan, shredded

FREE FOODS

Lemon and Lime Juice
Vinegars
Mustard
Herbs (Fresh and Dry)
Spices (Except Salt)
Garlic
Ginger
Hot Sauce (Tabasco)
Flavor Extracts (vanilla, peppermint, almond)
21 Day Fix Seasonings

BEVERAGES

Milk, non fat or 1%, 8 fl oz
Soy Milk
 Unsweetened, 8 fl oz
 Sweetened, 6 fl oz
Almond Milk
 Unsweetened, 16 fl oz
 Sweetened, 8 fl oz
Coconut Water, 16 fl oz
Coconut Milk, not canned
 Unsweetened, 12 fl oz
 Sweetened, 8 fl oz
Fresh Fruit Juice, 8 fl oz
Rice Milk, original or vanilla, 6 fl oz
Wine, 4 oz

*3 Times a week replace ONE YELLOW Container with a beverage from this list

TEASPOON

EV Olive Oil
EV Coconut Oil
Flaxseed Oil
Walnut Oil
Pumpkin Seed Oil
Nut Butters (Peanut, Almond, Cashew, etc)
Seed Butters (Pumpkin, Sunflower, Sesame)

CONVERSIONS (Approx)

*When you're like me and you lose your containers

Green 1 cup, 250 ml
Purple 1 cup, 250 ml
Red 3/4 cup, 200 ml
Yellow 1/2 cup, 125 ml
Blue 1/3 cup, 100 ml
Orange 1/4 cup, 50 ml