

21 DAY FIX APPROVED FOODS LIST

Green Container

Kale, cooked or raw
 Collard Greens, cooked or raw
 Spinach, cooked or raw
 Brussels sprouts, chopped or 5 medium
 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 Container

Raspberries
 Blueberries
 Blackberries
 Strawberries
 Watermelon, diced
 Cantaloupe, diced
 Orange, divided into sections, or 1 medium
 Tangerine, 2 small
 Apple, sliced or 1 small
 Apricots, 4 small
 Grapefruit, divided into sections, or 1/2 large
 Cherries
 Grapes
 Kiwifruit, 2 medium
 Mango, sliced
 Peach, sliced or 1 large
 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 Container

Sardines (fresh or canned in water) 7 medium
 Boneless, skinless chicken or turkey breast, cooked, diced
 Lean ground chicken or turkey, cooked
 Fish, freshwater (catfish, tilapia, trout), cooked, flaked
 Fish, cold water, wild caught (cod, salmon, halibut, tuna) cooked, flaked
 Game: buffalo (bison, ostrich, venison) cooked, diced
 Game: lean ground, cooked, diced
 Eggs, 2 large
 Greek yogurt, plain 1%
 yogurt, plain 2%
 Shellfish (shrimp, crab, lobster) cooked
 Clams, canned drained
 Red meat, extra-lean, cooked, diced
 lean ground red meat, cooked
 Shakeology, 1 scoop
 Tempeh
 Tofu, firm
 Pork Tenderloin, diced cooked
 Tuna, canned light in water, drained
 Turkey slices, low sodium, fat free, 6 slices
 Ham slices, low sodium, fat free, 6 slices
 Ricotta Cheese, light
 Cottage cheese, 2%
 Protein powder (whey, hemp, rice, pea) 1 1/2 scoops
 Veggie burger, 1 medium patty
 Turkey bacon, reduced fat, 4 slices

Yellow Container

Sweet Potato
 Yams
 Quinoa, cooked
 Beans, cooked drained
 Lentils, cooked drained
 Edamame, shelled
 Peas
 Refried Beans, nonfat
 Brown Rice, cooked
 Wild Rice, cooked
 Potato, mashed or 1/2 medium
 Corn on the cob, 1 ear
 Amaranth, cooked
 Millet, cooked
 Buckwheat, cooked
 Barley, cooked
 Bulgar, cooked
 Oatmeal, steelcut, cooked
 Oatmeal, rolled, cooked
 Pasta, whole-grain, cooked
 Couscous, whole wheat, cooked
 Crackers, whole grain, 8 small crackers
 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

Blue Container

Avocado, mashed or 1/4 medium
 12 almonds, whole, raw
 8 cashews, whole, raw
 14 peanuts, whole, raw
 20 pistachios, whole, raw
 10 pecan halves, raw
 8 walnut halves, raw
 Hummus
 Coconut milk, canned
 Feta cheese, crumbled
 Goat cheese, crumbled
 Mozzarella (low moisture) shredded
 Cheddar, shredded
 Provolone, shredded
 Monterey Jack, shredded
 Parmesan, shredded

Orange Container

Pumpkin Seeds, raw
 Sunflower seeds, raw
 Sesame seeds, raw
 flaxseed, ground
 Olives, 10 medium
 Peanuts
 Coconut, unsweetened, shredded
 21 day Fix dressings

Teaspoon

Extra Virgin Olive Oil
 Extra Virgin Coconut Oil
 Flaxseed Oil
 Walnut Oil
 Pumpkin seed oil
 Nut butters (peanut, almond, cashew, etc)
 Seed butters (pumpkin, sunflower, sesame [tahini])