

# 21 Day Fix Updated Food List

## GREEN CONTAINER

- Kale, cooked or raw
- Watercress, cooked or raw
- Collard greens, cooked or raw
- Spinach, cooked or raw
- Brussels sprouts, chopped or 5 medium
- Broccoli, chopped
- Asparagus, 10 large spears
- Beets, 2 medium
- Tomatoes, chopped, cherry, or 2 medium
- Tomatillos, chopped or 3 medium
- Pumpkin (regular or West Indian), chopped
- Squash (summer), sliced
- Chayote squash, chopped
- Winter squash (all varieties), cubed
- String beans
- Peppers, sweet, sliced
- Poblano chiles, chopped
- Banana peppers, 3 medium
- Carrots, sliced or 10 medium baby
- Cauliflower, chopped
- Artichokes, ½ large
- Eggplant, ½ medium
- Okra
- Cactus (nopales), sliced
- Jicama, sliced
- Snow peas
- Cabbage, chopped
- Cucumbers
- Celery
- Lettuce (NOT iceberg)
- Mushrooms
- Radishes
- Onions, chopped

## PURPLE CONTAINER

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, 1 small
- Guava, 2 medium
- Starfruit, 2 medium
- Passion fruit, 3 fruits
- Watermelon, chopped
- Cantaloupe, chopped
- Orange, divided into sections or 1 medium
- Bitter orange, 1 medium
- Tangerine, 2 small
- Apple, sliced or 1 small
- Apricots, 4 small
- Grapefruit, divided into sections or ½ 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, ½ large
- Green banana, ½ large
- Dwarf red banana, 1½ small
- Breadfruit, ½ small
- Papaya, chopped
- Figs, 2 small
- Honeydew melon, chopped
- Salsa, pico de gallo
- Tomato sauce, plain or marinara

## BLUE CONTAINER

- Avocado, mashed or ¼ 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
- Cotija cheese, crumbled
- Oaxaca cheese, crumbled
- Queso fresco, crumbled

## ORANGE CONTAINER

- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Olives, 10 medium
- Peanuts
- Coconut, unsweetened, shredded
- 21 Day Fix® DRESSINGS

## FREE FOODS

- THE WATER BAR
- Lemon and lime juice
- Vinegars
- Mustard
- Herbs such as parsley, cilantro (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Green onion
- Chile varieties (jalapenos, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Achiote paste
- 21 Day Fix SEASONING MIXES

## 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])

## YELLOW CONTAINER

- Sweet potato, chopped
- Yams (regular, white, tropical [batata]), chopped
- Plantains, sliced or ½ medium
- Quinoa, cooked
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon [gandules], etc.), cooked, drained
- Lentils, cooked, drained
- Edamame, shelled
- Cassava (yuca), 2 ounces
- Peas
- Refried beans, nonfat
- Brown rice, cooked
- Wild rice, cooked
- Potato, mashed or ½ medium
- Corn on the cob, 1 ear
- Amaranth, cooked
- Millet, cooked
- Buckwheat, cooked
- Barley, cooked
- Bulgur, cooked
- Oatmeal, steel-cut, cooked
- Oatmeal, rolled, cooked
- Hominy, 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 (4-inch)
- Waffles, whole-grain, 1 waffle
- Pancakes, whole-grain, 1 small (4-inch)
- English muffin, whole-grain, ½ muffin
- Bagel, whole-grain, ½ small (3-inch)
- Tortilla, whole wheat, 1 small (6-inch)

## RED CONTAINER

- Sardines (fresh or canned in water), 7 medium
- Boneless, skinless chicken or turkey breast, cooked, chopped
- Duck breast, cooked, chopped
- Squab, cooked, chopped
- Goat, cooked, chopped
- Lean ground chicken or turkey (≥ 93% lean), cooked
- Fish, fresh water (catfish, tilapia, trout), cooked, flaked
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna, mahi mahi), cooked, flaked
- Game: buffalo (bison, ostrich, venison, rabbit), cooked, chopped
- Game: lean ground (≥ 95% lean) cooked, chopped
- Eggs, 2 large or egg whites, 8 large
- Greek yogurt, plain, 1%
- Yogurt, plain, 2%
- Shellfish (shrimp, crab, lobster), cooked
- Clams, canned, drained
- Octopus, cooked, chopped
- Squid, cooked, chopped
- Red meat, extra-lean, cooked, chopped
- Lean ground red meat (≥ 95% lean), cooked
- Shakeology®, 1 scoop
- Tempeh
- Tofu, firm
- Pork tenderloin, chopped, cooked
- Tuna, canned light in water, drained
- Turkey slices,\* fat-free, 6 slices
- Ham slices,\* fat-free, 6 slices
- Ricotta cheese, light
- Cottage cheese, 2%
- Protein powder (whey, hemp, rice, pea), 1½ scoops (approx. 42 g depending on variety)
- Veggie burger, 1 medium patt
- Turkey bacon,\* reduced-fat,