

## VEGGIES

Kale, cooked or raw  
 Watercress, cooked or raw  
 Collard Greens, cooked or raw  
 Spinach, cooked or raw  
 Bok Choy, cooked or raw  
 Brussel Sprouts, 5 medium or chopped  
 Broccoli, chopped  
 Asparagus, 10 large  
 Beets, 2 medium  
 Shakeology® Power Greens Boost, 2 scoops (limit once a day)  
 Tomatoes, chopped, cherry or 2 medium  
 Tomatillos, chopped or 3 medium  
 Pumpkin (regular or West Indian), cubed  
 Squash (summer), sliced  
 Chayote Squash, chopped  
 Winter Squash (all varieties), cubed  
 Seaweed (wakame and agar)  
 String Beans/Green Beans  
 Sweet Peppers, sliced  
 Poblano Chiles, chopped  
 Banana Peppers, 3 medium  
 Carrots, sliced or 10 baby  
 Cauliflower, chopped  
 Artichokes, 1/2 large  
 Eggplant, 1/2 medium  
 Okra  
 Cactus/nopales, sliced  
 Jicama, sliced  
 Snow Peas  
 Cabbage, chopped  
 Sauerkraut  
 Cucumbers  
 Celery  
 Lettuce  
 Mushrooms  
 Radishes  
 Turnips, chopped or 1 medium  
 Rutabaga, cubed  
 Onions, chopped  
 Sprouts  
 Bamboo Shoots  
 Salsa, fresh or pico de gallo  
 Vegetable Broth, 2 cups  
 Pickles, chopped

## COFFEE BAR

- Unlimited cinnamon, lemon, pumpkin spice, and nutmeg
- In moderation (max 2x a day):
  - 1-2 T 1-2% milk
  - 1-2 T unsweetened nondairy milk (almond, coconut, soy, etc.)
  - 1-2 tsp sugar, honey, or other caloric sweeteners

## FRUITS

Raspberries  
 Blueberries  
 Blackberries  
 Strawberries  
 Pomegranate, 1 small  
 Pomegranate seeds, 1/2 cup  
 Guava, 2 medium  
 Starfruit, 2 medium  
 Passion Fruit, 3 fruits  
 Watermelon, chopped  
 Cantaloupe, chopped  
 Orange, 1 medium  
 Bitter Orange, 1 medium  
 Tangerine, 2 small  
 Apple, sliced, or 1 small  
 Apricots, 4 small  
 Grapefruit, 1/2 large  
 Cherries  
 Grapes  
 Kiwi, 2 medium  
 Mango, sliced  
 Peach, sliced or 1 large  
 Plum, 2 small  
 Pluot, 2 small  
 Nectarine, sliced or 1 large  
 Pear, sliced or 1 large  
 Pineapple, chopped  
 Banana, 1/2 large  
 Green Banana, 1/2 large  
 Dwarf Red Banana, 1 1/2 small  
 Breadfruit, 1/8 small  
 Papaya, chopped  
 Figs, 2 small  
 Honeydew Melon, chopped  
 Pumpkin Puree  
 Salsa, store bought  
 Tomato sauce, plain or marinara  
 Applesauce, unsweetened  
 Jackfruit (raw in water) 1/2 cup

## FREE FOODS

- Lemon & Lime Juice
- Vinegar
- Mustard
- Herbs & Spices (fresh & dry)
- Fix-approved seasoning mixes
- Garlic
- Ginger
- Green Onion
- Chile varieties: jalapenos, serrano, ancho, habanero, etc.
- Hot Sauce (Tobasco)
- Flavor Extracts (pure vanilla, peppermint, almond, etc.)
- Anchovy Paste
- Cocoa Powder (unsweetened)

## FLOURS

Arrowroot & tapioca flour are similar to cornstarch and not counted

- 2 T almond flour = 1B
- 1/4 cup brown rice flour = 1Y\*
- 1/4 cup chickpea flour = 1Y
- 3 T coconut flour = 1O
- 1/4 cup oat flour = 1Y\*
- 1/4 cup wheat flour = 1Y\*

## PROTEINS

Sardines (fresh or canned in water), 7 medium  
 Chicken breast or turkey breast cooked, chopped (boneless, skinless)  
 Duck breast, cooked & chopped  
 Squab, cooked & chopped  
 Goat, cooked & chopped  
 Lean Ground Chicken (+93%)  
 Lean Ground Turkey (+93%)  
 Fish, fresh water, cooked & flaked (catfish, tilapia, trout)  
 Fish, cold water, wild caught (cod, salmon, halibut, tuna)  
 Game, cooked & chopped (buffalo, bison, ostrich, venison, rabbit)  
 Game: lean ground (+95%)  
 Chicken Thighs (boneless, skinless)  
 Eggs, 2 large or 8 whites  
 Shakeology, 1 scoop  
 Greek Yogurt, plain, 2%  
 Yogurt, plain, 2%  
 Shellfish (shrimp, crab, lobster) cooked  
 Clams  
 Octopus, cooked, chopped  
 Squid, cooked, chopped  
 Red meat, extra lean, cooked, chopped  
 Lean ground red meat (95%)  
 Organic Tempeh  
 Organic Tofu, firm  
 Pork Tenderloin, cooked, chopped  
 Tuna, canned light in water  
 Lox (smoked salmon), 4 oz  
 Turkey or Ham slices, nitrate & nitrite free, 6 slices  
 Ricotta cheese, light  
 Cottage cheese, 2%  
 Protein powder (whey, hemp, rice, pea) 1 1/2 scoops (approx. 42g)  
 Veggie Burger, 1 medium patty: >16g protein, <15g carb  
 Turkey Bacon, nitrate and nitrite free, 4 slices  
 Beef or Chicken-based broth, 4 cups = 1/2 red

## WATER BAR

- Flat water
- Sparking water, 0 calorie, max 8oz./day
- Fruit slices: Lemon, Lime, Orange, Strawberry, Kiwi, Mango, Pineapple, Cucumber, Frozen grapes, Watermelon, Honeydew melon, Blueberries, Raspberries
- A splash of fruit juice (cranberry, orange, grapefruit)
- Herbs/Spices: Mint leaves, Basil, Grated Ginger, Rosemary, Cinnamon

## CARBS

Sweet Potato, chopped or mashed or 1/2 small  
 Yams (regular, white, tropical) chopped or mashed or 1/2 small  
 Plantains, sliced or 1/2 medium  
 Quinoa, cooked  
 Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon, etc.) cooked and drained  
 Lentils, cooked & drained  
 Organic Edamame, shelled  
 Water chestnuts  
 Cassava (Yuca), 2 ounces  
 Peas  
 Refried Beans, nonfat  
 Brown or Wild Rice, cooked  
 Potato (russet), chopped or mashed or 1/2 small  
 Potato (red bliss or Yukon gold), mashed or 1 whole  
 Parsnips, cooked  
 Corn on the cob, 1 ear  
 Amaranth, cooked  
 Millet, cooked  
 Buckwheat, cooked  
 Barley, whole-grain, cooked  
 Bulgur, cooked  
 Oatmeal, steel-cut or rolled, cooked  
 Muesli/Granola (1/4 cup)  
 Hominy, cooked  
 Popcorn (air popped, 3 cups)  
 Pasta, whole grain, cooked  
 Couscous, whole wheat, cooked  
 Crackers, whole grain, 8 small  
 Cereal, whole grain, low sugar  
 Bread, whole grain, 1 slice  
 Pita Bread, whole grain, 1 (4-inch)  
 Waffles, whole grain, 1 (4-inch)  
 Pancakes, whole grain, 1 (4-inch)  
 English Muffin, whole grain, 1/2  
 Bagel, whole grain, 1/2 small  
 Tortilla, whole grain, 1 (6-inch)  
 Tortilla, corn, 2 (6-inch)  
 Rice Cakes, 2 whole

## MILKS

- 8oz milk, 1-2%, 1Y, 1/2 tsp
- 8oz unsweet almond milk, 1 tsp
- 8oz unsweet organic soy milk, 1/2R
- 8oz unsweet coconut milk, 1 tsp
- 8oz unsweet rice milk, 1Y
- 8oz unsweet coconut water, 1/2Y

## HEALTHY FATS

Avocado, mashed or 1/4 medium  
 12 Almonds, whole, raw  
 8 Cashews, whole, raw  
 14 Peanuts, whole, dry roasted  
 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

## SEEDS & DRESSINGS

Pumpkin seeds, raw  
 Sunflower seeds, raw  
 Sesame seeds, raw  
 Flaxseed, ground  
 Chia seeds  
 Hemp seeds  
 Pine Nuts  
 Olives, 10 medium  
 Coconut, unsweet, shredded  
 21 Day Fix dressings

## TEASPOONS

Everyone is allowed 4 tsp per day of natural sugar, honey, molasses, maple syrup, agave syrup, and stevia in addition to their allotted oil tsp.

Extra-virgin olive oil  
 Extra-virgin coconut oil  
 Flaxseed oil  
 Walnut oil  
 Pumpkin seed oil  
 Sesame oil  
 Cacao nibs  
 Nut butters (peanut, almond, cashew)  
 Seed butters (pumpkin, sunflower, sesame, tahini)  
 Butter or Ghee  
 Mayonnaise  
 Pesto