

HOW TO USE THIS FOOD LIST

Calorie ranges are provided for each container color so you can make educated decisions about buying your food. For example, knowing that the yellow container averages 45-140 calories, you can assume that one 120 calorie serving of whole grain bread is a yellow.

Shopping Tips

Salsa: If it contains added sugar, it's a purple. If it doesn't contain added sugar, it's a green.

Breads & Pastas: You're looking for the first ingredient to be whole grain or whole wheat. Those are the only approved items, except for gluten free items (if you're on a gluten free diet).

If looking for veggie-based pastas, choosing fresh or frozen vegetable pasta with no added ingredients is the only way I've seen to avoid a yellow container. Edamame pasta, cauliflower pasta (because of the added flours), etc are counted as a yellow. You might as well go whole grains and get the benefits from them!

The list of ingredients is more important than the actual nutrition information. Added oils, salt, sugar, and artificial sweeteners are not desirable.

Products that boast Fat Free, Protein Added, Veggies Added, etc in most cases also contain extra unnecessary ingredients. These items aren't a shortcut—stick with the basics. Plain frozen veggies, whole grain pasta, etc.

FIX Tips

For videos explaining treat swaps, teaspoons, how to count containers for recipes, and how to make meal plans, head to my YouTube channel: youtube.com/c/beccaludlum

Sweetener teaspoons are different than oil teaspoons, and are technically a bit of a loophole on the Fix. Sweetener teaspoons are under the Coffee Bar section. If you don't use the 4 teaspoons of sugar or Stevia in your coffee, it is assumed that you can use these on other things throughout the day.

Your daily sodium goal (for someone with no medical issues) is no more than 1500 mg.

Your goal is to get all of your containers in every day—no more and no less. This is a macro-based program and you need all of your macros for it to work. It might take a couple weeks to build up to your daily goal, but know that if your goal is to follow this plan loosely, you might not see any weight loss.

If you have to skip containers, don't skip the same containers every day.

Life Tips

Do a variety of workouts that include both cardio and weights for the best weight loss and health benefits.

Don't weight yourself daily. Your weight changes based on a lot of different bodily functions, and weighing no more than once a week is recommended.

Take measurements and pictures! More often than not that is where we see changes before the scale moves.

Don't throw out all of the food in your pantry when you begin making lifestyle changes. Use what you have now, learn about the ingredients and buy better next time. Slow changes will always last longer as a lifestyle than quick and drastic lifestyle changes.

The FIX is a well thought out, well researched eating plan, but it is not perfect. As someone who **does not sell Beachbody**, but does have nutrition training, there are quite a few things that were overlooked in the program. Vegetarian and vegan foods and plans, pickles on the food list, and treat swaps are areas that I love to talk about if you'd like to brainstorm.



Veggies

1 cup
4-60 calories

Kale, cooked or raw	Cauliflower, chopped
Watercress, cooked or raw	Artichokes, 1/2 large
Collard Greens, cooked or raw	Eggplant, 1/2 medium
Spinach, cooked or raw	Okra
Bok Choy, cooked or raw	Cactus/nopales, sliced
Brussels sprouts, 5 med or chopped	Jicama, sliced
Broccoli, chopped	Snow Peas
Asparagus, 10 large	Cabbage, chopped
Beets, 2 medium	Sauerkraut
Power Greens Boost, 2 scoops only (1x day)	Cucumbers
Tomatoes, chopped, cherry, or 2 medium	Celery
Tomatillos, chopped or 3 medium	Lettuce
Pumpkin (reg or West Indian), cubed	Mushrooms
Squash (summer), sliced	Radishes
Chayote Squash, chopped	Turnips, chopped or 1 medium
String Beans/Green Beans	Rutabaga, cubed
Sweet Peppers, sliced	Onions, chopped
Poblano Chiles, chopped	Sprouts
Banana Peppers, 3 medium	Bamboo Shoots
Carrots, sliced or 10 baby	Salsa, fresh, or pico de gallo
Cauliflower, chopped	Vegetable Broth, 2 Cups
	Pickles, chopped

Proteins

3/4 cup
29-255 cal, 4-36 g protein

Sardines (fresh or canned in water), 7 medium	Organic Tempeh
Boneless, skinless chicken or turkey breast, cooked & chopped	Organic Tofu, firm
Duck breast, cooked & chopped	Pork Tenderloin, chopped, cooked
Squab, cooked & chopped	Tuna, canned light in water
Goat, cooked & chopped	Lox (smoked salmon), 4 oz
Lean Ground Chicken (+93%)	Turkey or ham slices, nitrate & nitrite free, 6 slices
Lean Ground Turkey (+93%)	Ricotta cheese, light
Fish, fresh water, cooked & flaked (catfish, tilapia, trout)	Cottage cheese, 2%
Fish, cold water, wild caught (cod, salmon, halibut, tuna)	Protein powder (whey, hemp, rice, pea), 1 1/2 scoops (approx. 42 g depending on variety)
Game, cooked & chopped (buffalo, bison, ostrich, venison, rabbit)	Veggie burger, 1 medium patty (>16g protein, <15g carbs)
Game: lean ground (+95%)	Turkey bacon, nitrate and nitrite free, 4 slices
Eggs, 2 large or 8 egg whites	-Beef or Chicken-based broth, 4 cups = 1/2R
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%)	

Carbs

1/2 cup
45-140 cal, 6-22 carbs

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

Need a travel/on the go version?
Find the 1 page food list at
MyCrazyGoodLife.com/
free-printables



Updated 4/2023
 For list of sources, FIXed recipes with container counts, and other FIX tips see MyCrazyGoodLife.com
 Find me on Facebook at Facebook.com/MyCrazyGoodLife and on Instagram and YouTube at @BeccaLudlum

Fruits

1 cup
17-135 calories

Raspberries	Figs, 2 small
Blueberries	Honeydew Melon, chopped
Blackberries	Pumpkin Puree
Strawberries	Salsa, store bought
Pomegranate, 1 small	Tomato sauce, plain or marinara
Pomegranate seeds, 1/2 cup	Applesauce, unsweetened
Guava, 2 medium	Jackfruit (raw in water) 1/2 cup
Starfruit, 2 medium	
Passion Fruit, 3 fruits	
Watermelon, chopped	
Cantaloupe, chopped	
Orange, 1 medium	
Bitter Orange, 1 medium	
Tangerine, 2 small	
Apple, 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	

Teaspoons

1 teaspoon

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

Healthy Fats

1/3 cup
65-153 cal, 4-12 g fat

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
Cojita cheese, crumbled
Oaxaca cheese, crumbled
Queso Fresco, crumbled

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Seeds & Dressings

2 tablespoons
47-116 cal, 4-10 g fat

Pumpkin seeds, raw
Sunflower seeds, raw
Sesame seeds, raw
Flaxseed, ground
Chia seeds, 4 tsp
Hemp seeds
Pine nuts
Olives, 10 medium
Coconut, unsweetened, shredded
21 Day Fix dressings

Water

Flat water
Sparkling water with no calories (max 1 per day)
Fruit slices: Lemon, Lime, Orange, Strawberry, Kiwi, Mango, Pineapple, Cucumber, Frozen grapes, Watermelon, Honeydew melon, Blueberries, or Raspberries
A splash of fruit juice
Mint leaves
Basil, Grated Ginger, Rosemary, Tarragon, or Cinnamon

Free Foods

no limit on these foods

Lemon and lime juice
Vinegar
Mustard
Herbs (fresh and dry)
Spices except for salt
Garlic
Ginger
Green onion
Chile varieties: jalapeños, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.
Hot sauce (Tabasco/Mexican)
Flavor extracts (pure vanilla, peppermint, almond, etc.)
Achovy paste
21 Day Fix seasoning mixes
Cocoa powder (unsweetened)

Coffee Bar

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

Treat Swaps

note that some treats count as multiple container colors

Dried Cranberries (2T, or about 30), 1Y
Dark chocolate, plain (1.5" sq., 1 fun size bar, or approx 25 morsels), 1Y
Potato chips, plain kettle, (6 chips), 1Y
Tortilla chips, plain corn, (6 chips), 1Y
Mini pretzels, (14 pieces), 1Y
Peanut butter pretzels, 12 1Y, 2tsp
Kombucha, 12 oz, 1Y
Dried apple rings, unsweet, (7), 1P
Dried apricots, unsweet (4), 1P
Dried Figs, (2), 1P
Medjool dates, (1), 1P
Dried mango, unsweet, (2), 1P
100% real fruit juice, 4oz., 1P
Chocolate covered raisins, (20), 1/2P 1/2Y
Chocolate covered almond, (6), 1/2B 1/2Y
Wine, (5 oz.), 1Y
Beer, light (12 oz.), 1Y
Beer, regular (12 oz.), 1 1/2 Y
Hard alcohol, (1.5 oz.), 1Y

Flours

80-102 calories

2 T almond flour = 1B
1/4 cup brown rice flour = 1Y
14 cup chickpea flour = 1Y
3 T coconut flour = 1O
1/4 cup oat flour = 1Y
1/4 cup wheat flour = 1Y
Arrowroot and tapioca powders are similar to cornstarch and not usually counted

Milk

1 cup (8 oz)
25-122 calories

1-2% milk: 1Y, 1/2 tsp
Unsweet almond milk: 1 tsp
Unsweet organic soy milk: 1/2R
Unsweet coconut milk: 1 tsp
Unsweet rice milk: 1Y
Unsweetened cashew milk: 1 tsp