

# 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](https://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  
Watercress, cooked or raw  
Collard Greens, cooked or raw  
Spinach, cooked or raw  
Bok Choy, cooked or raw  
Brussels sprouts, 5 med or chopped  
Broccoli, chopped  
Asparagus, 10 large  
Beets, 2 medium  
Power Greens Boost, 2 scoops (1x day)  
Tomatoes, chopped, cherry, or 2 medium  
Tomatillos, chopped/3 medium  
Pumpkin (reg or West Indian), cubed  
Squash (summer), sliced  
Chayote Squash, chopped  
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  
Kimchi  
Fennel, sliced  
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

## Fruits

1 cup

17-135 calories

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  
Kumquats, 4-5 medium  
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

**Need More?**

**Find the 2 page food list at**

**MyCrazyGoodLife.com/  
free-printables**

## Proteins

3/4 cup

29-255 cal, 4-36 g protein

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 (+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%)  
Eggs, 2 large or 8 egg whites  
Shakeology, 1 scoop  
Greek Yogurt, plain, 2%  
Yogurt, plain, 2%  
Shellfish (shrimp, crab, lobster), 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, chopped, cooked  
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. 42 g depending on variety)  
Veggie burger, 1 medium patty (>16g protein, <15g carbs)  
Turkey bacon, nitrate and nitrite free, 4 slices  
-Beef or Chicken-based broth, 4 Cups = 1/2R

## Carbs

1/2 cup

45-140 cal, 6-22 carbs

Sweet potato, chopped or mashed or 1/2 small  
Yams (regular, white, tropical), chopped, mashed, 1/2 small  
Plantains, sliced or 1/2 medium  
Quinoa, cooked  
Beans (kidney, black, garbanzo/chickpeas, white, lima, fava, pink, pigeon, etc.), cooked and drained  
Lentils, cooked & drained  
Organic edamame, shelled  
Water chestnuts  
Cassava (yuca), 2 ounces  
Peas  
Buckwheat, cooked  
Barley, whole-grain, cooked  
Bulgur, cooked  
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)  
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-in)  
Waffles, whole-grain, 1 (4-in)  
Pancakes, whole-grain, 1 (4-in)  
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



## 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

## 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.)  
Anchovy paste  
21 Day Fix seasoning mixes

## 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

## Coffee Bar

Unlimited cinnamon, lemon, pumpkin spice, and nutmeg

**In moderation (max twice a day, not to be counted):**

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

## 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

## Treat Swaps

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