

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 on a package 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
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 only (1x day)
Tomatoes, chopped, cherry, or 2 medium
Tomatillos, chopped or 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

Cauliflower, chopped
Artichokes, 1/2 large
Eggplant, 1/2 medium
Okra
Cactus/nopales, sliced
Jicama, sliced
Snow Peas
Cabbage, chopped
Kimchi
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

Proteins

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

Vegan Shakeology, 1 scoop
Organic Tempeh
Organic Tofu (firm)
Protein Powder (hemp, rice, or pea), 1 1/2 scoops
Veggie Burger, 1 medium patty
-more than 16 g protein and less than 15 g carbs per patty.
Beans (kidney, black, garbanzo/chickpeas, white, lima, fava, pink, pigeon, etc)
Lentils, cooked & drained
Organic edamame, shelled
Peas
Refried beans, nonfat
Quinoa, cooked
Seitan
Unsweetened organic soy milk (8 oz = 1/2 red)
Soy yogurt, unsweetened
-more than 10g protein and less than 13g carbs per serving = 1/2 red

Carbs A

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

Brown or Wild rice, cooked
Corn on the cob, 1 ear
Amaranth, cooked
Millet, cooked
Buckwheat, cooked
Barley (whole grain), cooked
Bulgur, cooked
Farro (whole grain), cooked
Oatmeal (steel cut or rolled), cooked
Hominy, cooked
Popcorn (air popped, 3 cups)

Carbs B

1/2 cup
45-140 cal, 6-22 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
Water chestnuts
Cassava (yuca), 2 oz.
Potato (russet), chopped or mashed, or 1/2 small
Potato (red bliss or Yukon gold), mashed or 1 whole
Parsnips, cooked
Pasta (whole grain), cooked
Couscous (whole wheat), cooked
Muesli/granola, 1/4 cup
Crackers (whole grain), 8 small
Cereal (whole grain, low sugar)
Bread (whole grain), 1 slice
Unsweetened rice milk (8 oz)
Unsweetened coconut water (8 oz)
Unsweetened oat beverage (8 oz)
Pita bread (whole grain), 1 small (4 inch)

Waffles, whole-grain, 1 small (4-in)
Pancakes, whole-grain, 1 small (4-in)
English muffin, whole-grain, 1/2
Bagel, whole-grain, 1/2 small
Tortilla, whole-grain, 1 small (6-inch)
Tortilla, corn, 2 small (6-inch)
Rice cakes, 2 whole

Coffee

Unlimited cinnamon, lemon, pumpkin spice, and nutmeg

In moderation (max 2x/day):

1-2 Tbsp unsweetened nondairy milk (almond, coconut, organic soy, etc.)
Stevia (1-2 drops or 1/2 single serve packet)
1-2 tsp. sugar, or other caloric sweeteners

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, 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

Teaspoons
1 teaspoon
Everyone is allowed 4 tsp per day of: raw sugar, 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)
8 oz Unsweetened:
-Almond Milk
-Coconut Milk Beverage
-Cashew Milk
-Macadamia Nut Milk
Vegan Butter Spread
Vegan Pesto

1.5 tsp

Healthy Fats

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

Avocado, mashed or 1/4 medium
12 almonds, whole, unsalted
8 cashews, whole, unsalted
14 peanuts, whole, dry roasted
20 pistachios, whole, unsalted
10 pecan halves, unsalted
8 walnut halves, unsalted
2-3 Brazil nuts, whole, unsalted
6 macadamia nuts, whole, unsalted
Hummus
Coconut milk, unsweetened
Coconut or Almond milk yogurt, unsweetened, 2/3 cup
-less than 100 calories, less than 9g fat per serving

Seeds & Dressings

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

Pumpkin seeds, raw
Sunflower seeds, raw
Sesame seeds, raw
Flaxseed, ground
Chia seeds
Hemp seeds
Pine nuts
Olives, 10 medium
Fresh coconut meat, shredded, 1/3 cup
Coconut, unsweetened, shredded
Unsweetened hemp milk (8oz = 1/2 O, 1 tsp)
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.)
21 Day Fix seasoning mixes
Cocoa powder (unsweetened)

Treat Swaps

note that some treats count as multiple container colors

Purple container
Dried Apricots, unsweet, 4
Dried Figs, unsweet, 2
Dried goji berries, 1/4 cup
Dried cherries, unsweet, 1 1/2 tbsp
Prunes, 2
Medjool dates, 1
Raisins, 2 mini boxes or 45
Dried mango, unsweet, 2
Dried apple ring, unsweet 7
100% real fruit juice, 4oz.

Yellow Container
Dried cranberries, 30
Dark chocolate, plain (1.5" sq., 1 fun size bar, or approx 25 chips)
Potato chips, plain kettle, 6 chips
Tortilla chips, plain corn, 6 chips
Mini pretzels, 14 pieces
Wine, 5 oz.
Beer, light, 12 oz.
Hard alcohol, 1.5 oz.
Kombucha, 12 oz
Beer, regular (12 oz.), 1 + 1/2 Y

Yellow Container + tsps
Peanut butter pretzels, 12
-1 yellow + 2 tsp

Mixed Containers
Chocolate covered raisins, 20, 1/2P 1/2Y
Chocolate covered almond, 6, 1/2B 1/2Y

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

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