

21 Day Fix Eating Plan

VEGETABLES

- Artichokes, 1/2 large
- Asparagus, 10 large spears
- Beets, 2 medium
- Broccoli, chopped
- Brussels Sprouts (S med um)
- Cabbage, chopped
- Carrots, sliced or 10 medium baby
- Cauliflower, chopped
- Celery
- Collard Greens
- Cucumbers
- Eggplant, 1/2 medium
- Jicama, sliced
- Kale
- Lettuce (Not Iceberg)
- Mushrooms
- Okra
- Onions, chopped
- Peppers, sweet, sliced
- Radishes
- Snow peas
- Spinach
- Sprout
- Squash (Summer), sliced
- String Beans
- Tomatoes, chopped, cherry or 2 medium
- Winter Squash (All varieties), cubed

FRUITS

- Apple, sliced
- Apricots, 4 small
- Banana, 1/2 large
- Blackberries
- Blueberries
- Cantaloupe, diced
- Cherries
- Figs, 2 small
- Grapefruit, 1/2 large
- Grapes
- Honeydew Melon, diced
- Kiwifruit, 2 medium
- Mango, sliced
- Nectarine, sliced or 1 large
- Orange, 1 Medium
- Papaya, diced
- Peach, sliced or 1 medium
- Pear, sliced or 1 large
- Pineapple, diced
- Raspberries
- Strawberries
- Tangerine, 2 small
- Watermelon, diced

LEAN PROTEIN

- Chicken or Turkey Breast, skinless, cooked or ground
- Clams, canned and drained
- Cottage Cheese, 2%
- Eggs, 2 Large
- Fish (Cold Water: Wild Cod)
- Fish (Fresh water: Tilapia, Trout, Catfish)
- Game (Buffalo, Bison, Venison: cooked, diced)
- Greek Yogurt, Plain 1%
- Ham slices
- Pork Tenderloin
- Protein Powder, 1 1/2 scoops
- Red Meat, Extra-lean
- Ricotta Cheese, light
- Salmon, Halibut, Tuna, cooked
- Sardines, 7 medium
- SHAKEOLOGY, 1 SCOOP
- Shellfish (Shrimp, Crab, Lobster), cooked
- Tempeh
- Tofu, firm
- Tuna, canned light in water, drained
- Turkey Bacon (reduced fat), 4slices
- Turkey Slices
- Veggie Burger, 1 medium patty
- Yogurt, Plain 2%
- Turkey Skinless, cooked or ground

CARBOHYDRATES

- Amaranth, cooked
- Bagel, whole grain, 1/2 small
- Barley, cooked
- Beans (Kidney, Black)
- Bread, whole grain, 1 slice
- Brown Rice, cooked
- Buckwheat, cooked
- Bulger, cooked
- Cereal, wholegrain, low sugar
- Corn on the Cob, 1 ear
- Couscous, whole wheat, cooked
- Crackers, whole grained, 8 small
- Edamame, shelled
- English Muffin, whole grain, 1/2 muffin
- Garbanzo, etc
- Lentils, cooked, drained
- Millet, cooked
- Oatmeal
- Pancakes, whole grain, 1 small
- Pasta, whole grain, cooked
- Peas
- Pita Bread, whole wheat, 1 small
- Potato (1/2 medium or mashed)
- Quinoa, cooked
- Retried Beans, nonfat
- Sweet Potato
- Tortilla, corn, 2 small
- Tortilla, whole wheat, 1 small
- Waffles, whole grain, 1 waffle
- Wild Rice, cooked
- Yams

CHEESE OR NUTS

- Almonds-12
- Avocado, mashed or 1/4 medium
- Cashews- 8
- Cheddar, shredded
- Coconut Milk, canned
- Feta Cheese, crumbled
- Goat Cheese, crumbled
- Hummus
- Monterey Jack, shredded
- Mozzarella, shredded
- Parmesan, shredded
- Peanuts- 14
- Pecan Halves- 10
- Pistachios-20
- Provolone, shredded
- Walnut Halves- 8

SEEDS

- Coconut, unsweetened, shredded
- Flaxseed, ground
- Olives, 10 medium
- Peanuts
- Pumpkin Seeds, raw
- Sesame Seeds, raw
- Sunflower Seeds, raw

FREE FOODS

- 21 Day Fix Seasonings
- Flavor Extracts (vanilla, peppermint, almond)
- Garlic
- Ginger
- Herbs (Fresh and Dry)
- Hot Sauce (Tabasco)
- Lemon and Lime Juice
- Mustard
- Spices (Except Salt)
- Vinegars

OILS OR NUT BUTTER

- EV Coconut Oil
- EV Olive Oil
- Flaxseed Oil
- Nut Butters (Peanut, Almond, cashew, etc)
- Pumpkin Seed Oil
- Seed Butters (Pumpkin, Sunflower, Sesame)
- Walnut Oil

BEVERAGES

- Almond Milk (Unsweetened, 16 fl oz/ Sweetened, 8 fl oz)
- Coconut Milk, not canned (Unsweetened, 12 fl oz/Sweetened, 8 fl oz)
- Coconut Water, 16 fl oz
- Fresh Fruit Juice, 8 fl oz
- Milk, non fat or 1%, 8 fl oz
- Rice Milk, original or vanilla, 6 fl oz
- Soy Milk (Unsweetened, 8 fl oz/Sweetened, 6 fl oz)
- Wine. 4 oz