

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
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
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

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
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