

21 Day Fix Food List

Green	Purple	Red	Yellow	Blue	Orange	Teaspoon
Kale	Raspberries	Shakeology	Sweet potato	Avocado	Seeds	EVOO
Collard greens	Blueberries	Sardines	Yams	12 almonds	Sunflower seeds	Coconut oil
Spinach	Blackberries	Chicken breast	Quinoa	8 cashews	Sesame seeds	Flaxseed oil
Brussel sprouts	Strawberries	Turkey Breast	Beans	14 peanuts	Flaxseed	Pumpkin seed oil
Broccoli	Watermelon	Ground chicken	Lentils	20 pistachios	Olives, 10	Nut butters
Asparagus	Cantaloupe	Ground Turkey	Edamame	10 pecan halves	Peanuts	Seed butters
Beets	Orange	Fish	Peas	8 walnut halves	Coconut shredded	
Tomatoes	Tangerine	Buffalo	Refried beans	Hummus	21 Day Fix Dressings	
Squash	Apple	Bison	Brown rice	Coconut milk		
Winter squash	Apricots	Eggs, 2 large	Wild rice	Feta cheese		
String beans	Grapefruit	Greek yogurt plain	Potato	Goat cheese		
Peppers, sweet	Cherries	Shellfish	Corn on cob	Mozzarella*		
Carrots	Grapes	Clams	Amaranth	Provolone*		
Cauliflower	Kiwifruit	Red meat	Millet	Cheddar*		
Artichokes	Mango	Ground red meat	Buckwheat	Monterey Jack*		
Eggplant	Peach	Tempeh	Barley	Parmesan* *shredded		
Okra	Nectarine	Tofu	Bulgur			
Jicama	Pear	Prok	Oatmeal, steel-cut			
Snow peas	Pineapple	Tuna	Oatmeal rolled			
Cabbage	Banana	Turkey slices	Pasta*			
Cucumbers	Papaya	Ham slices	Couscous*			
Celery	Figs	Ricotta cheese	Crackers*			
Lettuce	Honeydew melon	Cottage cheese	Cereal*			
Mushrooms		Bread*	Pita Bread*			
Radishes		Protein Powder	Waffles*			
Onions		Veggie burger	Pancakes*			
Sprouts		Turkey bacon	English Muffin*			
			Bagel*			
			Tortilla*			
			Tortilla, corn			
			*whole grain/wheat			

Free Foods

- Water bar
- Lemon/lime juice
- Vinegars
- Mustard
- Herbs
- Spices
- Garlic
- Ginger
- Hot sauce
- Flavor extracts