**GREEN CONTAINERS**

* **Kale, cooked or raw**
* **Collard greens, cooked or raw**
* **Spinach, cooked or raw**
* **Brussel sprouts, chopped or 5 medium**
* **Broccoli, chopped**
* **Asparagus, 10 large spears**
* **Beets, 2 medium**
* **Tomatoes, chopped, cherry, or 2 medium**
* **Squash (summer), sliced**
* **Winter squash (all varieties), cubed**
* **String beans**
* **Peppers, sweet sliced**
* **Carrots, sliced or 10 medium baby**
* **Cauliflower, chopped**
* **Artichokes, ½ large**
* **Eggplant, ½ medium**
* **Okra**
* **Jicama, sliced**
* **Snow peas**
* **Cabbage, chopped**
* **Cucumbers**
* **Celery**
* **Lettuce (NOT iceberg)**
* **Mushrooms**
* **Radishes**
* **Onions, chopped**
* **Sprouts**

**PURPLE CONTAINERS**

* **Raspberries**
* **Blueberries**
* **Blackberries**
* **Strawberries**
* **Watermelon, diced**
* **Cantaloupe, diced**
* **Orange, divided into sections or 1 medium**
* **Tangerine, 2 small**
* **Apple, sliced or 1 small**
* **Apricots, 4 small**
* **Grapefruit, divided into sections or ½ large**
* **Cherries**
* **Grapes**
* **Kiwifruit, 2 medium**
* **Mango, sliced**
* **Peace, sliced or 1 large**
* **Nectarine, sliced or 1 large**
* **Pear, sliced or 1 large**
* **Pineapple, diced**
* **Banana, ½ large**
* **Papaya, diced**
* **Figs, 2 small**
* **Honeydew melon, diced**
* **Salsa, pico de gallo**
* **Tomato sauce, plain**

**RED CONTAINERS**

* **Sardines ( fresh or canned in water), 7 medium**
* **Boneless, skinless chicken or turkey breast, cooked, diced**
* **Lean ground chicken or turkey >93% lean, cooked**
* **Fish, fresh water, wild caught (cod, salon, halibut, tuna) cooked, flaked**
* **Game: buffalo (bison, ostrich, venison), cooked, diced**
* **Game: lean ground >95% lean, cooked, diced**
* **Eggs, 2 large**
* **Egg whites, 8 large**
* **Greek Yogurt, plain, 1%**
* **Shellfish(shrimp, crab, lobster), cooked**
* **Clams, canned, drained**
* **Red meat, extra lean, cooked, diced**
* **Lean ground red meat >95% lean, cooked**
* **Shakeology, 1 scoop**
* **Tempeh**
* **Tofu, firm**
* **Pork Tenderloin, diced, cooked**
* **Tuna, canned light in water, drained**
* **Turkey slices, low-sodium, fat free, 6 slices**
* **Ricotta cheese, light**
* **Cottage cheese, 2%**
* **Protein power (whey, hemp, rice, pea), 1 ½ scoops (approx., 42 g depending on variety)**
* **Veggie burger, 1 medium patty**
* **Turkey bacon (reduced fat), 4 slice**

**YELLOW CONTAINER**

* **Sweet potato**
* **Yams**
* **Quinoa, cooked**
* **Beans (kidney, black, garbanzo, white, lima, etc), cooked, drained**
* **Lentils, cooked, drained**
* **Edamame, shelled**
* **Peas**
* **Refried beans, nonfat**
* **Brown rice, cooked**
* **Wild rice, cooked**
* **Potato, mashed or ½ medium**
* **Corn on the cob, 1 ear**
* **Amaranth, cooked**
* **Millet, cooked**
* **Barley, cooked**
* **Bulgur, cooked**
* **Oatmeal, steel-cut, cooked**
* **Oatmeal, rolled, cooked**
* **Pasta, whole-grain, cooked**
* **Couscous, whole wheat, cooked**
* **Crackers, whole-grain, 8 small crackers**
* **Cereal, whole-grain, low sugar**
* **Bread, whole-grain, 1 slice**
* **Pita bread, whole wheat, 1 small 4 inch**
* **Waffles, whole grain, 1 waffle**
* **Pancakes, whole grain, 1 small 4 inch**
* **English muffin, whole grain, ½ muffin**
* **Bagel, whole grain, ½ small 3 inch**
* **Tortilla, whole wheat, 1 small 6 inch**
* **Tortilla, corn, 2 small 6 inch**

**BLUE CONTAINER**

* **Avacado, mashed or ¼ medium**
* **12 almonds, whole, raw**
* **8 cashews, whole, raw**
* **14 peanuts, whole, raw**
* **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**

**ORANGE CONTAINER**

* **Pumpkin seeds, raw**
* **Sunflower seeds, raw**
* **Sesame seeds, raw**
* **Flaxseed, ground**
* **Olives, 10 medium**
* **Peanuts**
* **Coconut, unsweetened, shredded**
* **21 day FIX DRESSINGS (page 56)**

**TEASPOON**

* **Extra virgin olive oil**
* **Extra virgin coconut oil**
* **Flaxseed oil**
* **Walnut oil**
* **Pumpkin seed oil**
* **Nut butters (peanut, almond, cashew, etc.)**
* **Seed butters (pumpkin, sunflower, sesame (tahini))**

**FREE FOODS**

* + **THE WATER BAR (page 13)**
  + **Lemon and lime juice**
  + **Vinegars**
  + **Mustard**
  + **Herbs (fresh and dry)**
  + **Spices (except salt)**
  + **Garlic**
  + **Ginger**
  + **Hot sauce (tabasco or Mexican only)**
  + **Flavor extracts (pure vanilla, peppermint, almond, etc.)**
  + **21 Day FIX SEASONING MIXES (pages 42-43)**