

Figure out your calorie level

current weight (lbs) x 11 = your baseline

your baseline + 400 (Fix calorie burn) = caloric need

your caloric need - 750 (calorie deficit) = target calories

Your daily intake

target calories ↘

1C

1C

3/4C

1/2C

1/2C

2 TBS



1,200-1,499
calories

3

2

4

2

1

1

2

1,500-1,799
calories

4

3

4

3

1

1

4

1,800-2,099
calories

5

3

5

4

1

1

5

2,100-2,300
calories

6

4

6

4

1

1

6

VEGGIES

Kale, cooked or raw
 Watercress, cooked or raw
 Collard Greens, cooked or raw
 Spinach, cooked or raw
 Bok Choy, cooked or raw
 Brussel Sprouts, 5 medium or chopped
 Broccoli, chopped
 Asparagus, 10 large
 Beets, 2 medium
 Shakeology® Power Greens Boost, 2 scoops (limit once a day)
 Tomatoes, chopped, cherry or 2 medium
 Tomatillos, chopped or 3 medium
 Pumpkin (regular or West Indian), cubed
 Squash (summer), sliced
 Chayote Squash, chopped
 Winter Squash (all varieties), cubed
 Seaweed (wakame and agar)
 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

COFFEE BAR

- Unlimited cinnamon, lemon, pumpkin spice, and nutmeg
- In moderation (max 2x a day):
 - 1-2 T 1-2% milk
 - 1-2 T unsweetened nondairy milk (almond, coconut, soy, etc.)
 - 1-2 tsp sugar, honey, or other caloric sweeteners

FRUITS

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, sliced, or 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

FREE FOODS

- Lemon & Lime Juice
- Vinegar
- Mustard
- Herbs & Spices (fresh & dry)
- Fix-approved seasoning mixes
- Garlic
- Ginger
- Green Onion
- Chile varieties: jalapenos, serrano, ancho, habanero, etc.
- Hot Sauce (Tobasco)
- Flavor Extracts (pure vanilla, peppermint, almond, etc.)
- Anchovy Paste
- Cocoa Powder (unsweetened)

FLOURS

Arrowroot & tapioca flour are similar to cornstarch and not counted

- 2 T almond flour = 1B
- 1/4 cup brown rice flour = 1Y*
- 1/4 cup chickpea flour = 1Y
- 3 T coconut flour = 1O
- 1/4 cup oat flour = 1Y*
- 1/4 cup wheat flour = 1Y*

PROTEINS

Sardines (fresh or canned in water), 7 medium
 Chicken breast or turkey breast cooked, chopped (boneless, skinless)
 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%)
 Chicken Thighs (boneless, skinless)
 Eggs, 2 large or 8 whites
 Shakeology, 1 scoop
 Greek Yogurt, plain, 2%
 Yogurt, plain, 2%
 Shellfish (shrimp, crab, lobster) cooked
 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, cooked, chopped
 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. 42g)
 Veggie Burger, 1 medium patty: >16g protein, <15g carb
 Turkey Bacon, nitrate and nitrite free, 4 slices
 Beef or Chicken-based broth, 4 cups = 1/2 red

WATER BAR

- Flat water
- Sparking water, 0 calorie, max 8oz./day
- Fruit slices: Lemon, Lime, Orange, Strawberry, Kiwi, Mango, Pineapple, Cucumber, Frozen grapes, Watermelon, Honeydew melon, Blueberries, Raspberries
- A splash of fruit juice (cranberry, orange, grapefruit)
- Herbs/Spices: Mint leaves, Basil, Grated Ginger, Rosemary, Cinnamon

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
 Quinoa, cooked
 Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon, etc.) cooked and drained
 Lentils, cooked & drained
 Organic Edamame, shelled
 Water chestnuts
 Cassava (Yuca), 2 ounces
 Peas
 Refried Beans, nonfat
 Brown or Wild Rice, cooked
 Potato (russet), chopped or mashed or 1/2 small
 Potato (red bliss or Yukon gold), mashed or 1 whole
 Parsnips, cooked
 Corn on the cob, 1 ear
 Amaranth, cooked
 Millet, cooked
 Buckwheat, cooked
 Barley, whole-grain, cooked
 Bulgur, cooked
 Oatmeal, steel-cut or rolled, cooked
 Muesli/Granola (1/4 cup)
 Hominy, 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-inch)
 Waffles, whole grain, 1 (4-inch)
 Pancakes, whole grain, 1 (4-inch)
 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

MILKS

- 8oz milk, 1-2%, 1Y, 1/2 tsp
- 8oz unsweet almond milk, 1 tsp
- 8oz unsweet organic soy milk, 1/2R
- 8oz unsweet coconut milk, 1 tsp
- 8oz unsweet rice milk, 1Y
- 8oz unsweet coconut water, 1/2Y

HEALTHY FATS

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
 Cotija cheese, crumbled
 Oaxaca cheese, crumbled
 Queso Fresco, crumbled

SEEDS & DRESSINGS

Pumpkin seeds, raw
 Sunflower seeds, raw
 Sesame seeds, raw
 Flaxseed, ground
 Chia seeds
 Hemp seeds
 Pine Nuts
 Olives, 10 medium
 Coconut, unsweet, shredded
 21 Day Fix dressings

TEASPOONS

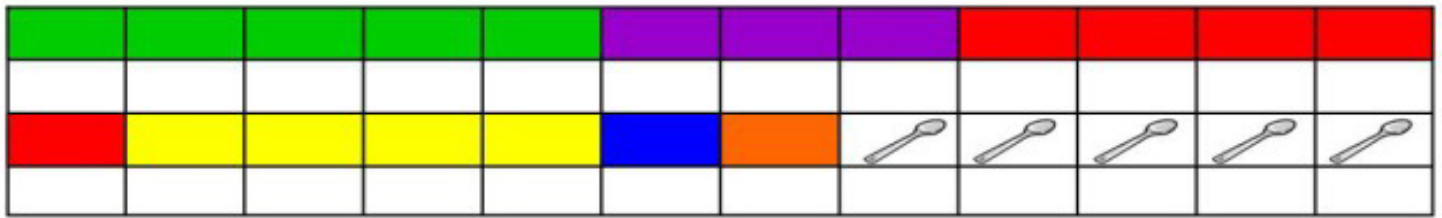
Everyone is allowed 4 tsp per day of natural sugar, honey, molasses, maple syrup, agave syrup, and stevia in addition to their allotted oil tsp.

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

1800-2099 Calories

Date _____

Day ___ /21



Date _____

Day ___ /21



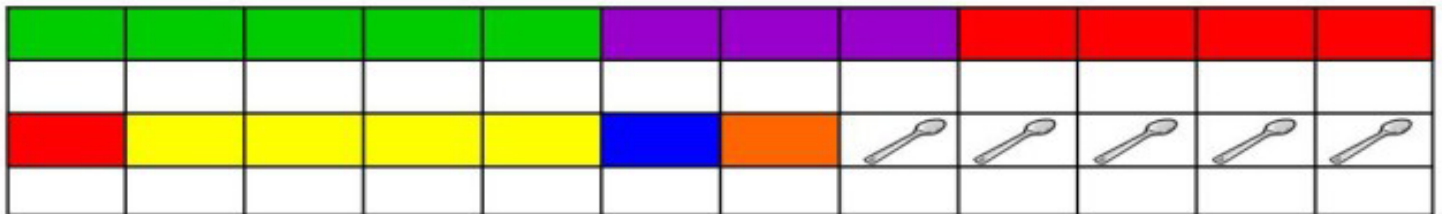
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