

21 DAY FIX APPROVED FOODS

Green

- Kale, cooked or raw
- Watercress, cooked or raw
- Collard Greens, cooked or raw
- Spinach, cooked or raw
- Brussels Sprouts, chopped
- Broccoli, chopped
- Asparagus, 10 large spears
- Beets, 2 Medium
- Tomatoes, Two Medium
- Pumpkin, chopped
- Squash, Sliced
- Winter squash, chopped
- String Beans
- Peppers, sliced
- Poblano chilies, chopped
- Banana Peppers, 3 Medium
- Carrots, sliced or 3 Medium
- Cauliflower, chopped
- Artichokes, ½ large
- Eggplant, ½ medium
- Okra
- Cactus, sliced
- Jicama, sliced
- Snow Peas
- Cabbage, chopped
- Cucumbers
- Celery
- Lettuce (Not Iceberg)
- Mushrooms
- Radishes
- Onions, Chopped
- Sprouts

Purple

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, 1 small
- 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, ½ large
- Cherries
- Grapes
- Kiwifruit, 2 medium
- Mango, sliced
- Peach, 1 large
- Nectarine, 1 large
- Pear, sliced
- Pineapple, diced
- Banana, ½ large
- Papaya, chopped
- Figs, 2 small
- Honeydew melon, chopped
- Salsa, pico de gallo
- Tomato Sauce

Red

- Sardines, 7 medium
- Boneless skinless chicken or turkey breast
- Duck Breast, cooked chopped
- Squab, cooked, chopped
- Goat, cooked, chopped
- Lean ground chicken or turkey (93% lean), cooked
- Fish, cold water. Wild-caught (cod, salmon, halibut, tuna, mahi mahi) cooked
- Fish fresh water (catfish, tilapia, trout)
- Game: buffalo, bison, ostrich, rabbit
- Game: lean ground (95% lean), cooked
- Eggs, 2 large or egg whites, 8 large
- Greek yogurt 1%
- Yogurt, plain 2%
- Shell fish (shrimp, crab, lobster) cooked
- Clams
- Octopus, cooked, chopped
- Squid, cooked, chopped
- Red Meat, extra-lean
- Lean ground red meat (95% lean), cooked
- Protein powder (1 scoop)
- Tempeh
- Tofu, firm
- Pork tenderloin, chopped, cooked
- Tuna, canned, water
- Turkey slices, fat-free, 6 slices
- Ham slices, fat-free, 6 slices
- Ricotta Cheese
- Veggie Burger, 1 medium patty
- Turkey bacon, 4 slices

Yellow

- Sweet Potato, chopped
- Yams (regular, white, tropical), chopped
- Plantains, ½ medium
- Quinoa, cooked
- Beans
- Lentils, cooked
- Edamame, shelled
- Cassava (yuca), 2 oz.
- Peas
- Refried Beans (non-fat)
- Brown Rice, cooked
- Wild Rice, cooked
- Potato, mashed or ½ medium
- Corn on the cob, 1 ear
- Amaranth, cooked
- Millet, cooked
- Buckwheat, cooked
- Barley, cooked
- Bulgur, cooked
- Oatmeal, steel-cut, cooked
- Oatmeal, rolled, cooked
- Hominy, cooked
- Pasta, whole-grain cooked
- Couscous, whole-wheat cooked
- Crackers, whole wheat cooked
- Cereal, whole grain, low sugar
- Bread, whole-grain 1 slice
- Pita Bread, whole wheat, one small (4-inch)
- Waffles, whole grain, 1 waffle
- Pancakes, whole grain (4-inch)
- English muffin, whole grain, ½ muffin
- Bagel whole grain. ½ small (3-inch)
- Tortilla, hole wheat (6-inch)
- Tortilla, corn (6-inch)

Blue

- Avocado, ½ 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, shredded
- Cheddar, shredded
- Provolone, shredded
- Monterey Jack, shredded
- Parmesan, shredded
- Cotija cheese, crumbled
- Oaxaca cheese, crumbled
- Queso fresco, crumbled

Free Foods

- Water
- Lemon and Lime Juice
- Vinegars
- Mustard
- Herbs
- Spices
- Garlic
- Ginger
- Green Onion
- Chile Varieties
- Hot Sauce
- Flavor Extracts
- Achiote paste
- Seasoning Mixes

Orange

- Pumpkin seeds,
- Sunflower, seeds
- Sesame, seeds
- Flaxseed, ground
- Olives, 10 Medium
- Peanuts
- Coconut, unsweetened, shredded
- Dressing

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])



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