

## GREEN CONTAINER

- Kale, cooked or raw
- Collard greens, cooked or raw
- Spinach, cooked or raw
- Brussels 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



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## PURPLE CONTAINER

- 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
- Peach, 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



# Snack Recipes

## BLUE CONTAINER

- Avocado
- 12 almonds
- 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

- Crab, lobster, cooked
- Red meat, extra-lean, cooked, drained
- Lean ground red meat (≥ 95% lean), cooked
- Steak, 1 scoop
- Tempeh
- Tofu, firm
- Pork tenderloin, diced, cooked
- Tuna, canned light in water, drained
- Turkey slices, low-sodium, fat-free, 6 slices
- Ham slices, low-sodium, fat-free, 6 slices
- Ricotta cheese, light
- Cottage cheese, 2%
- Protein powder (whey, hemp, rice, pea), 1 ½ scoops (approx. 42 g depending on variety)
- Veggie burger, 1 medium patty
- Turkey bacon (reduced fat), 4 slices

## ORANGE CONTAINER

- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Olives, 10 medium
- Peanuts
- Coconut, unsweetened, shredded
- 21 Day Fix DRESSINGS (see page 54)

- 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 (2-inch)\*
- Tortilla, whole wheat, 1 small (6-inch)\*
- Tortilla, corn, 2 small (6-inch)\*

\*Food items that don't fit in the container  
if you happen to be tested and  
you have this waffles for your