

## 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, 1/2 large
- Eggplant, 1/2 medium
- Okra
- Jicama, sliced
- Snow peas
- Cabbage, chopped
- Cucumbers
- Celery
- Lettuce (NOT iceberg)
- Mushrooms
- Radishes
- Onions, chopped
- Sprouts

## 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 1/2 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, 1/2 large
- Papaya, diced
- Figs, 2 small
- Honeydew melon, diced

# Mini Meal Plans

## 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

## ORANGE CONTAINER

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- 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)