



# 21 DAY FIX

TIPS + TOOLS + RECIPES



## Ready-To-Go Meal Plans for the 21 Day Fix

It couldn't be easier to get started on the 21 Day Fix - there are tons of ready-to-use meal plans out there for you to use! Here are some of my favorites from bloggers:

1. [21 Day Fix ALDI Meal Plan](#) | Beach Ready Now
2. [21 Day Fix 5 Day Summer Plan](#) | Coach Crystal P
3. [One Week Clean Eating Plan for 21 Day Fix](#) | Jenn Fehrenbacher
4. [Amanda's Meal Prep Monday 21DF Plan](#) | Team Beachbody
5. [21 DF Extreme Meal Plan](#) | Lean Bella's Kitchen
6. [Slender Suzie 21 Day Fix Meal Plan](#) | Slender Suzie
7. [1200-1499 Calorie Lindsay B Fitness Meal Plan](#) | Linsey B Fitness
8. [Johanna's 21 Day Fix Meal Plan](#) | Ferguson Fitness
9. [Hammer and Chisel Meal Plan](#) | Fit Life Bound (All Beachbody Program Meal Plans are the same, using containers)
10. [21 Day Fix Meal Plan 1800-2099 Calories](#) | Sublime Reflection
11. [S & S Meal Plan](#) | Sunshine & Smoothie
12. [Pick 5 Meal Plan](#) | Coastal Girl Food n Fitness
13. [1200-1499 Calorie Plan](#) | 21 Day Fix Plan
14. [Shopping List Meal Plan](#) | Mommysavers
15. [Meal Plans By The Calorie](#) | Casey O'Hara Fitness
16. [What I Ate Plan](#) | Family Life in LV
17. [Budget Friendly Meal Plan](#) | Variety By Vashti
18. [Mix & Match Plan](#) | Jenn Fehrenbacher
19. [21 Day Fix Meal Plan](#) | Life Adundant



Need somewhere to write all this down? You'll find printable meal planners at the end of this book to help you!



## What Happens After the 21 Day Fix: Maintaining with your Containers

It's no secret that I loved the 21 Day Fix as a sort of "reset" for the way I ate... but what happens after the 21 Day Fix is over? Do you go back to your old ways, commit to another round, or try to maintain a new way of eating?

I've been eating according to those little colored containers for over a year now, and I've kept my weight in check while doing it. The 21 Day Fix is not just a 21 day challenge—it's a lifestyle change. After the first 21 Days, you should have an idea of what you need to do in order to maintain this way of eating. Do you need to add another yellow or red container on heavy workout days? Maybe you feel like you're not eating enough greens and want to remove a fruit serving and add another vegetable in the mix. Or maybe you're happy with the portions on the 21 Day Fix and don't feel deprived at all.

After your 21 days are over, sit down and think about where your successes and failures were. For me, I blow it on the weekends with carbs. I

know that if I want to feel successful on the weekends and stay within a reasonable eating plan, I need to add an extra yellow container on the weekends. I also never eat enough fruit, but always feel like I have to stop eating veggies. I swap out a fruit for a vegetable, and that's better for my maintenance. This is what I need to do to stay focused—what do you need?

I'm making an assumption here, but let's say that you cheated a few times while on the 21 Day Fix, and you cheated in the same categories over and over again. I'd assume that your body needs more of that category of food, or you really felt deprived. Eating with those rules isn't something that you can maintain. With all of the hard work that you did (yes, even when you cheated a little), you want to maintain that progress! **Now** you know what it feels like to eat smaller portions. **Now** you understand that you don't need a 4 egg omelette with cheese and bacon every morning.

Now remember that.



Maintaining this style of eating isn't difficult, as long as you create new "rules" for yourself. Not feeling deprived is a large part of any eating program. Knowing that you can have a glass of wine or dessert a few times a week is important! Now is the time to sit down and think about what you need to turn the 21 Day Fix challenge into a lifestyle change.

Are you going to go out for pizza some nights? Of course you are! And you're going to eat cake, and drink a big coffee from Starbucks every once in a while, and that's ok. It's ok because you're eating well (well=healthier) the other 90% of the time.

Here are a few questions I asked myself when creating my maintenance portions:

- ☐ How many times did you skip a tsp. (or another container) because you don't really use it in your recipes?
- ☐ How often did you finish all of your containers right on target?
- ☐ When you went over, what color was it most of the time?
- ☐ Did you have enough energy during your workouts?
- ☐ When you cheated–outright cheated–what did you eat? Candy? Chocolate? Pizza?
- ☐ Did you always lack in one area? Maybe you never got enough veggies in?

And here are some tips I have:

- ☐ If you didn't have enough energy to get through your workout, add a yellow or red before your workout.
- ☐ If you often "cheated" with sweet foods add another purple or add a healthier energy drink, like Spark (from Advocare). The sweetness takes away from the craving.
- ☐ If you cheated a lot on the 21 Day Fix, but can't identify one specific area... Shakeology is expensive, I know, but the amount of nutrients in it helps to take away your cravings for other foods. I think that the amount spent on Shakeology reduces the amount I spend on other foods that are much less healthy. If you can't splurge on Shakeology, I recommended a few Shakeology alternatives here. I'd stick with the meal replacement shakes rather than the protein powder to beat cravings.
- ☐ If you always went over on your orange container of peanut butter, try this: Every other day, take out a blue container and add an extra orange.

These are not hard and fast rules–these are just to get you thinking about how you can continue on your healthy eating journey and not jump overboard on Day 22.

If you're like me, it helps to have a goal in mind–it helps to know exactly how many containers you can eat every day. Since there's no maintenance plan available yet for the 21 Day Fix, I created one for myself.

Good luck to you with your 21 Day Fix maintenance plan!



Arby's, Burger King, Carl's Jr., McDonald's, Taco Bell, and more!

# 21 DAY FIX FAST FOOD LIST

*What to eat if you're stuck at a fast food chain!*

[mycrazygoodlife.com](http://mycrazygoodlife.com)

Nobody wants to do it—I know this. But sometimes you just have to run errands all day and life doesn't always work out the way we want. You forgot your cooler full of healthy food, the kids were crying for lunch, whatever it was... we've all been there. Sometimes fast food is the only option and when you're with kids, you don't always have the choice of going to Chipotle or another one of the healthier fast food chains. Here's your 21 Day Fix Fast Food List.

A few tips, first:

- Don't be embarrassed to bring your containers into a restaurant (if you need another set, you can order them on Amazon).
- If you have to eyeball a portion, make it easier by using a picture. Fill each of the containers up and empty it into your hand, then take a picture. Now you know about how much each container is, and you can quickly look at your phone to make an educated decision about how much to eat.
- Order foods free of everything—dressing, mayo, sauces, put it all on the side.
- Swap fries for fruit. You can always steal one or two from your kids, just don't order your own or you'll eat them all!
- These are educated guesses that I've made after researching the menus and restaurants. There are no 21 Day Fix friendly fast food restaurants. This guide is for when you're out of other options but still want to do your best.
- If you have to have mustard, bring your own! The options at fast food restaurants have tons of added ingredients.
- Give yourself a break—but don't sabotage your success by eating #allthefrenchfries

## 21 Day Fix Fast Food List

### ARBY'S

- ❑ **RBBYY** (breakfast) Bacon, Egg & Cheese Wrap: Bacon & Scrambled Egg Patty (1R), processed American Cheese (2B), Potato Cake (1Y), Hearty Grain Wrap (1Y).
- ❑ **RGG** Chopped Farmhouse Salad with Turkey (with cheese, add 1-2B): Roast Turkey & Pepper Bacon (1R), Iceberg Lettuce, Leaf Lettuce & Tomatoes (2G)
- ❑ **GG** Chopped Side Salad (with cheese, add 1B): Iceberg Lettuce, Leaf Lettuce, Tomatoes (2G).
- ❑ **RGY** Roast Turkey & Swiss Wrap (with natural cheese, add 2B): Roast Turkey (1R), Red Onion, Tomatoes, & Leaf Lettuce (1G), Hearty Grain Wrap (1Y). Order without mayo or mustard)

### BURGER KING

- ❑ **RG** Veggie Burger (1R because it's enriched with protein): Lettuce, Tomatoes, Onions (1G), crunchy pickles (negligible), Order without ketchup or mayo, order without bun.
- ❑ **GY.5B** Garden Side Salad: Lettuce, tomatoes (1G), croutons (1Y), cheese (.5B). Order without dressing.
- ❑ **GGRYB** Garden Grilled Chicken Salad: Iceberg lettuce & tomatoes (2G), grilled chicken (1R), croutons (1Y), and cheese (1B). Order without dressing.

### CARL'S JR

- ❑ **RBGG** Low Carb Charbroiled Chicken Club Charbroiled chicken breast with bacon (1R), cheese (1B), lettuce and tomato (1G) packed in a fresh whole-leaf Iceberg lettuce wrap (1G). Ask for no mayo.
- ❑ **RGGB** Low Carb Charbroiled Chicken Salad Grilled Chicken (1R) on a bed of salad mix (1G) with fresh tomatoes and cucumbers (1G). Blue Cheese dressing (on the side, use approximately 1B container full). Skip the croutons.
- ❑ **RGG** 1/3 pound Low Carb Thickburger, no cheese, mayo, or ketchup Black Angus Beef Patty (1R), tomato, red onions, pickles (1G), wrapped in lettuce (1G). Since burgers are greasier than chicken, I'd add 2 tsp to your meal and not use a treat swap in the same day. There is also a 1/2 pound option. I'd stick with the 1/2 pound!

### CHICK-FIL-A

- ❑ **1.5RGG.5P** Cobb Salad: Chicken Nuggets (ask for grilled instead of breaded) (1R), lettuce and baby greens topped with red cabbage, carrots, & roasted corn kernels (2G), cheese (1B), crumbled bacon (negligible), diced eggs (.5R) and grape tomatoes (.5P). Order without dressing.
- ❑ **RGGBBPY** This is an example of how even healthier options can add up. Order this with caution → Grilled Market Salad: Grilled chicken (1R), lettuce and baby greens with red cabbage and carrots (2G), blue cheese (1B) and red and green apples, strawberries and blueberries (1P) Optional: Granola (1Y), Roasted Nut Blend (includes sugar) (1B). Order without dressing.
- ❑ **PP** Chick-Fil-A Fruit Cup: (made fresh daily, a perfect snack) Mandarin orange segments, strawberries, blueberries, and red and green apple pieces (2P).

- ❑ **GY** Treat Swap Superfood Side Salad: Chopped Broccolini and kale blend (1G), topped with flavorful dried sour cherries and Roasted Nuts (both include sugar, so this counts as a treat swap).
- ❑ **1.5GB** Side Salad: Lettuce topped with red cabbage and carrots (1.5G), cheese (1B), and grape tomatoes (included in earlier green containers)
- ❑ **R** Grilled Chicken Nuggets, kid's portion (perfect addition to the side salad)

## MCDONALD'S

- ❑ **BGGG.5YR** Premium Southwest Salad with Grilled Chicken, no tortilla strips or cilantro lime glaze. Lime, cheese (1B), Southwest Vegetable Blend (corn, black beans, tomato, poblano pepper, lime juice, cilantro) 1G, .5Y, grilled chicken (1R), lettuce, spinach, baby kale (2G).
- ❑ **GO** Side Salad (order no dressing or lowfat dressing for 10) Tomatoes, lettuce (1G)

## SUBWAY

Subway is super easy! Make your own salad and ask them to separate it onto the plate for you. This is where the pictures I mentioned above come in handy—do a quick check of your portion sizes and then mix it all up! Flatbread counts as 2Y.

## TACO BELL

Note: Ask for your order “Fresco,” which means that the cheese and sour cream is replaced with pico de gallo.

- ❑ **RYG** Chicken Soft Taco Soft taco shell (1Y), lettuce (1G), and chicken (1R). If you're looking for some extra protein, you can order the taco with double the chicken.
- ❑ **RYG** Grilled Steak Soft Taco Soft taco shell (1Y), lettuce (1G), and grilled steak (1R). Same as above—if you're looking for some extra protein, you can order the taco with double the steak.

This 21 Day Fast Food list is the product of me researching each restaurant's website and ingredient list. It's not perfect, it's not Autumn endorsed, but it's here to give you a helping hand while making a tough choice. If a restaurant you're at isn't on the list, see if they offer something similar to the options above. I'm human, and these are my educated guesses with regard to container counts.

# 21 DAY FIX RECIPES





## 21 DAY FIX FRENCH TOAST

One of my favorite 21 Day Fix breakfasts is french toast! Delicious wheat bread, cinnamon and vanilla, peanut butter and bananas... some of my favorite things! Add an egg in there for protein and it's the perfect meal.

One thing I don't love about french toast on the 21 Day Fix is not using a whole egg. How do you know how much of an egg to count when you're making french toast?

I've figured it out. It took a bit, but I figured it out and honestly, I'll never make "regular" french toast again.



Here's my 21 Day Fix french toast. It uses one slice of wheat bread (I LOVE Dave's Killer Bread—it has 5 grams of fiber and 5 grams of protein per slice!), one egg (1/2 red), 1 purple container's worth of banana, and 2 tsp of peanut butter. The amount of almond milk that I use, I don't even count. Truly, you could probably go without it in the recipe.

### Ingredients

- ☐ 1 slice wheat bread (I LOVE Dave's Killer Bread—it has 5 grams of fiber and 5 grams of protein per slice!)
- ☐ 1 egg
- ☐ 1 tsp. almond milk
- ☐ a few shakes of cinnamon
- ☐ 1/2 tsp vanilla
- ☐ 2 tsp peanut butter and 1 purple container full of bananas for topping

### Directions:

1. Heat a pan and spray with coconut oil
2. Mix egg, vanilla, cinnamon, and almond milk into a bowl
3. Dip bread into mixture
4. Place bread onto heated pan and very slowly pour the remaining egg mixture onto the top of the bread
5. If the egg slides off the bread, allow it to cook a little and fold it back onto the bread
6. Flip the bread and make sure the egg is cooked thoroughly before removing from the heat
7. Top with peanut butter and bananas – enjoy!

If 1/2 serving of protein isn't enough for you, cook another egg and put it on top of your french toast before adding the peanut butter and bananas!

# BANANA OATMEAL CHOCOLATE CHIP COOKIES

I have a sweet tooth, and it's not easily satisfied with healthier desserts. I'm working on that. Luckily, I stumbled upon a recipe for these cookies, tweaked it a little, and love the outcome! My banana oatmeal chocolate chip cookies are made with bananas, but the taste isn't too banana-y, and the sweetness level is perfect.

## INGREDIENTS

- ❑ 2 mashed bananas, ripe
- ❑ 1C quick cook oats or rolled oats, it didn't seem to matter which I used
- ❑ 2t cinnamon
- ❑ 1t vanilla
- ❑ 1.4t sea salt
- ❑ 1/4C dark chocolate chips

## Directions:

1. Preheat oven to 325
2. Mash the bananas with a fork. I tried to do them with my mixer, but they didn't get as mushy as I wanted. The fork works well.
3. Add everything but the chocolate chips to the bowl and mix for 1 minute.
4. Add chocolate chips and stir by hand.
5. Drop large spoonfuls onto a greased cookie sheet, you should get about 8 cookies per batch.
6. Cook for 18-22 minutes. It's not easy to tell when they're done because they're so dark. I poke them and see if they fall apart. If they start to come apart, give them a few more minutes.
7. Remove and cool, store in the fridge.



This counts as a yellow container treat swap. 2 cookies = one yellow container.

# CROCK POT STUFFED PEPPER SOUP RECIPE

Let's pretend this is a really difficult recipe.

That you worked hard all day to put it on the table for your family.

Let's pretend that.

Because really, it's so. stinkin'. easy.

Makes 8 Servings | Prep time: 15 minutes | Cook time: 8 hours

## Ingredients:

- ☐ 1 lb extra lean ground turkey or beef
- ☐ 1 cup onion, chopped
- ☐ 14.5 oz. can diced tomatoes with roasted garlic and onions
- ☐ 15 oz. can tomato sauce
- ☐ 2 cups green and red peppers, chopped (I've added up to four peppers, and it's yummy!)
- ☐ 3 cups beef broth
- ☐ ½ teaspoon basil
- ☐ 1.5 packets of chili seasoning
- ☐ 1 cup cooked rice, brown or white

## Directions:

1. Brown ground beef with onion in a skillet over medium heat.
2. Drain beef and onions and place in crock pot.
3. Chop peppers, add to crock pot.
4. Add tomatoes (including juice) and remaining ingredients, except rice – which should be added 1 hour before end of cooking.
5. Cover and cook on low for 6-8 hours.

When eating this, I count 1.5C = 1 red, 1 green, .5 yellow



## 21 DAY FIX TACOS: 3 GREENS 1 RED

Gone are the days when I even crave “regular” taco shells... Since the first time I made my tacos with a bell pepper instead of a shell, I’ve fallen in love. Now with the 21 Day Fix, I know that it’s a great way to easily get in some extra green containers for dinner!

### Ingredients:

- ❑ Bell Pepper: Your choice of color. 1/2 for 1 Green Container or whole pepper for 2 Green Containers
- ❑ 1 Green Container of lettuce
- ❑ 1 Green Container of tomatoes
- ❑ 1 Red Container of ground turkey prepared for tacos (I prepare the taco meat according to directions on the seasoning packet and then take out a container full for myself)

### Directions:

1. Start to cook the pepper before you begin preparing the taco meat, it takes a while! I either grill mine or stick it in the oven with 1/2C of water in the bottom of the dish and cover with foil. Cook at 350 for 15 minutes or so.
2. Fill your Red Container with taco meat and pour on top of your pepper.
3. Fill Green Containers with lettuce, then tomatoes. Pour on top of your Taco Pepper.
4. Enjoy!





# DAIRY FREE BUTTERNUT SQUASH SOUP RECIPE

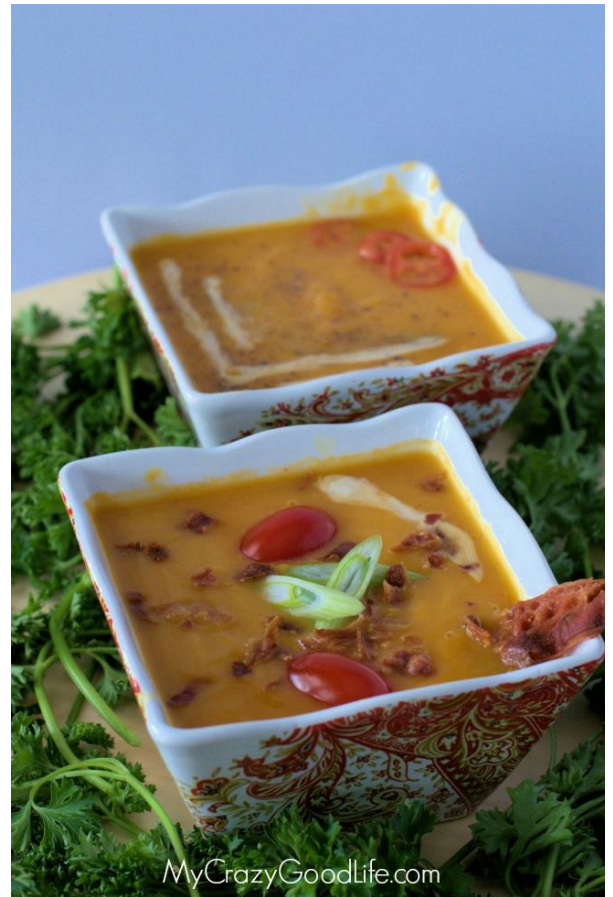
Butternut squash soup is a delicious way to warm up on a chilly or rainy day. Stick it in the crock pot to cook all day, or whip it up in your Vitamix for a quick dinner. Coconut milk makes this soup dairy free, or you could use heavy cream if you prefer. It's even delicious with no cream at all!

## INGREDIENTS:

- ❑ 1 medium butternut squash
- ❑ 1 medium yellow onion
- ❑ 1T Earth Balance Dairy Free "butter"
- ❑ 1t paprika
- ❑ 30 oz. of vegetable stock
- ❑ salt and pepper to taste
- ❑ 2T coconut cream, optional (can also use heavy cream, it's just not vegetarian)

## Instructions

- ❑ Peel and dice butternut squash into 1 inch cubes.
- ❑ Dice entire onion.
- ❑ In a large pot, melt Earth Balance "butter."
- ❑ Add the onions and cook until transparent (about 2 minutes).
- ❑ Add the butternut squash and cook for another 2 minutes.
- ❑ Add the vegetable stock, paprika, salt, and pepper.
- ❑ Simmer with a lid on until the butternut squash is soft. Transfer entire contents to a large mixing bowl.
- ❑ Use a hand mixer to blend contents to a smooth texture. Add cream if serving immediately. If not add cream after reheating and right before serving. Garnish as desired.
- ❑ Garnish with bacon, green onions, parsley, or other herbs to add another depth of flavor.



21 Day Fix Container Count: 2 green containers full of soup equals 2G

# CRAZY LOW-CARB CLOUD BREAD RECIPE

Cloud Bread. Have you heard of it?

It's a super low carb (2.5 carbs per 15 pieces) "bread" recipe that everyone is going a little crazy for.

You can use it just like you'd use bread, except for toasting—it comes out quite dark in the toaster, I wouldn't recommend that. Use it for dips, sandwiches, pizzas, or just for snacking. It's light and delicious, and like I said—crazy low carb.

## INGREDIENTS

- ❑ 3 large eggs, separated
- ❑ 3T cream cheese (room temperature)
- ❑ 1/4t baking powder

## DIRECTIONS

1. Before you begin, preheat your oven to 300 degrees. I used a silpat baking mat on top of my cookie sheet.
2. Mix together egg yolks (yolks only) and cream cheese until blended smooth.
3. Beat egg whites and 1/4t baking powder (some have used cream of tartar instead) until fluffy.
4. Fold the egg white mixture into the yolk and cream cheese mixture carefully. Be careful not to overmix!
5. Using a cookie scooper, take a scoopful of batter out of the bowl and tap it a few times lightly on the counter to let the big air bubbles out before baking. Drop the batter on your silpat baking mat, leaving a little room in between.
6. Bake for 25 minutes at 300 degrees, or until golden brown. Sprinkle sea salt and pepper on the cloud bread as soon as they come out of the oven, then move to a cooling rack.

There are some different cloud bread recipes out there—some use rosemary, garlic, or other spices. You can sprinkle anything you want on these when they come out of the oven, really.

These bits of heaven are a little crunchy right out of the oven and a little softer after they cool.

Seriously. They're little bites of heaven.

That's 1.5 red and 1/4 Blue per batch. I made 15, but if you used a bigger scoop and made them sandwich sized, you would of course have less.



# 21 DAY FIX PRINTABLES



# Shopping List

21 day  
**FIX**  
EXTREME

21 day  
**FIX**

3 times a week you  
can replace a  
yellow container  
with a treat!

Still hungry?  
Eat another green  
or red container!

Don't ever forget  
that your goal  
is to be better  
than yesterday.

## Veggies

Kale, cooked or raw  
Collard greens, cooked or raw  
Spinach, cooked or raw  
Brussels sprouts, chopped or 5 med  
Broccoli, chopped  
Asparagus, 10 large spears  
Beets, 2 medium  
Tomatoes, chopped, cherry, or 2 med  
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

## Carbs

Sweet potato  
Yams  
Quinoa, cooked  
Beans (kidney, black, white, lima, ect)  
Lentils, cooked, drained  
Edamame, shelled  
Peas  
Refied beans, non fat  
Brown rice, cooked  
Wild rice, cooked  
Potatoe, mashed or 1/2 medium  
Corn on the cob  
Oatmeal, steel-cut (or rolled)  
Pasta, whole - grain, cooked  
Crackers, whole-grain, 8 small  
Cereal, whole-grain, low sugar  
Bread, whole-grain, 1 slice  
Pita Bread, whole wheat, 1 small (4in)  
Waffles, whole grain, 1 waffle

## Fruit

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 lg  
Cherries  
Grapes  
Kiwiwfruit, 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

## Healthy Fats & Cheese

Avacado, mashed or 1/4 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

## Protein

Boneless, skinless chicken or turkey breast  
Lean ground chicken or turkey, cooked  
Fish, fresh water (catfish, tilapia, trout)  
Game: lean ground, cooked, diced  
Eggs, 2 large  
Greek yogurt, plain, 1%  
Shellfish (shrimp, crab, lobster) cooked  
Clams, canned, drained  
Red meat, extra-lean, cooked diced  
Lean ground red meat, cooked  
Shakeology, 1 scoop  
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)  
Veggie burger, 1 medium patty  
Turkey bacon (reduced fat), 4 slices

## Seeds & Oils

Pumpkin seeds, raw  
Sunflower seeds, raw  
Sesame seeds, raw  
Flaxseed, ground  
Olives, 10 medium  
Peanuts  
Coconut, unsweetened, shredded  
21 Day Fix Dressings

## teaspoon

Extra-virgin olive oil  
Extra-virgin coconut oil  
Flaxseed oil  
Walnut oil  
Pumpkin seed oil  
Nut butters (peanut, almond, cashew, ect)  
See butters (pumpkin, sunflower, sesame)

## Free Foods

The Water Bar	Herbs (fresh and dry)	Hot sauce (Tabasco or Mexican only)
Lemon and lime juice (not lemonade)	Spices (except salt)	Flavor extracts (pure vanilla, peppermint, almon, etc)
Vinegars	Garlic	21 Day fix Seasoning Mixes
Mustard	Ginger	

[mycrazygoodlife.com](http://mycrazygoodlife.com)



# Container Cheat Sheet

## Veggies

Kale, cooked or raw  
Collard greens, cooked or raw  
Spinach, cooked or raw  
Brussels sprouts, chopped or 5 med  
Broccoli, chopped  
Asparagus, 10 large spears  
Beets, 2 medium  
Tomatoes, chopped, cherry, or 2 med  
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

## Carbs

Sweet potato  
Yams  
Quinoa, cooked  
Beans (kidney, black, white, lima, ect)  
Lentils, cooked, drained  
Edamame, shelled  
Peas  
Refied beans, non fat  
Brown rice, cooked  
Wild rice, cooked  
Potatoe, mashed or 1/2 medium  
Corn on the cob  
Oatmeal, steel-cut (or rolled)  
Pasta, whole - grain, cooked  
Crackers, whole-grain, 8 small  
Cereal, whole-grain, low sugar  
Bread, whole-grain, 1 slice  
Pita Bread, whole wheat, 1 small (4in)  
Waffles, whole grain, 1 waffle

## Fruit

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 lg  
Cherries  
Grapes  
Kiwiwfruit, 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

## Healthy Fats & Cheese

Avacado, mashed or 1/4 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

## Protein

Boneless, skinless chicken or turkey breast  
Lean ground chicken or turkey, cooked  
Fish, fresh water (catfish, tilapia, trout)  
Game: lean ground, cooked, diced  
Eggs, 2 large  
Greek yogurt, plain, 1%  
Shellfish (shrimp, crab, lobster) cooked  
Clams, canned, drained  
Red meat, extra-lean, cooked diced  
Lean ground red meat, cooked  
Shakeology, 1 scoop  
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)  
Veggie burger, 1 medium patty  
Turkey bacon (reduced fat), 4 slices

## Seeds & Oils

Pumpkin seeds, raw  
Sunflower seeds, raw  
Sesame seeds, raw  
Flaxseed, ground  
Olives, 10 medium  
Peanuts  
Coconut, unsweetened, shredded  
21 Day Fix Dressings

## teaspoon

Extra-virgin olive oil  
Extra-virgin coconut oil  
Flaxseed oil  
Walnut oil  
Pumpkin seed oil  
Nut butters (peanut, almond, cashew, ect)  
See butters (pumpkin, sunflower, sesame)

## Free Foods

The Water Bar	Herbs (fresh and dry)	Hot sauce (Tabasco or Mexican only)
Lemon and lime juice (not lemonade)	Spices (except salt)	Flavor extracts (pure vanilla, peppermint, almon, etc)
Vinegars	Garlic	21 Day fix Seasoning Mixes
Mustard	Ginger	

21 day  
**FIX**  
EXTREME

21 day  
**FIX**

3 times a week you  
can replace a  
yellow container  
with a treat!

Still hungry?  
Eat another green  
or red container!

Don't ever forget  
that your goal  
is to be better  
than yesterday.

## 21 Day Fix Meal Planner

Calorie Target: \_\_\_\_\_ ☐ Green ☐ Purple ☐ Red ☐ Yellow ☐ Blue ☐ Orange ☐ Teaspoons

Breakfast: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Lunch: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Dinner: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐



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## 21 Day Fix Meal Planner

Calorie Target: \_\_\_\_\_ ☐ Green ☐ Purple ☐ Red ☐ Yellow ☐ Blue ☐ Orange ☐ Teaspoons

Breakfast: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Lunch: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Dinner: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐



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## 21 Day Fix Meal Planner

Calorie Target: \_\_\_\_\_ ☐ Green ☐ Purple ☐ Red ☐ Yellow ☐ Blue ☐ Orange ☐ Teaspoons

Breakfast: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Lunch: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Dinner: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐



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## 21 Day Fix Meal Planner

Calorie Target: \_\_\_\_\_ ☐ Green ☐ Purple ☐ Red ☐ Yellow ☐ Blue ☐ Orange ☐ Teaspoons

Breakfast: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Lunch: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Dinner: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: \_\_\_\_\_

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: \_\_\_\_\_


☐ ☐ ☐ ☐ ☐ ☐ ☐



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## — 21 Day Fix Workout Calendar —


*It doesn't get easier. You get better.*

Total Body Cardio Fix <input type="checkbox"/>	Upper Fix <input type="checkbox"/>	Lower Fix or Barre Legs <input type="checkbox"/>	Pilates Fix or Flat Abs Fix <input type="checkbox"/>	Cardio Fix <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>	Yoga Fix <input type="checkbox"/>
Total Body Cardio Fix <input type="checkbox"/>	Upper Fix <input type="checkbox"/>	Lower Fix or Barre Legs <input type="checkbox"/>	Pilates Fix or Flat Abs Fix <input type="checkbox"/>	Cardio Fix <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>	Yoga Fix <input type="checkbox"/>
Total Body Cardio Fix <input type="checkbox"/>	Upper Fix <input type="checkbox"/>	Lower Fix or Barre Legs <input type="checkbox"/>	Pilates Fix or Flat Abs Fix <input type="checkbox"/>	Cardio Fix <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>	Yoga Fix <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doubles Option 						

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*It doesn't get easier. You get better.*

Total Body Cardio Fix <input type="checkbox"/>	Upper Fix <input type="checkbox"/>	Lower Fix or Barre Legs <input type="checkbox"/>	Pilates Fix or Flat Abs Fix <input type="checkbox"/>	Cardio Fix <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>	Yoga Fix <input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doubles Option 						

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# Measurements tracker

21 day **FIX** 21 day **FIX**  
EXTREME

	Day 1	Day 7	Day 14	Day 21
Bust				
Chest				
Arm				
Waist				
Stomach				
Hips				
Thighs				
Calves				
Weight				

## Tips

Don't suck in or flex while measuring

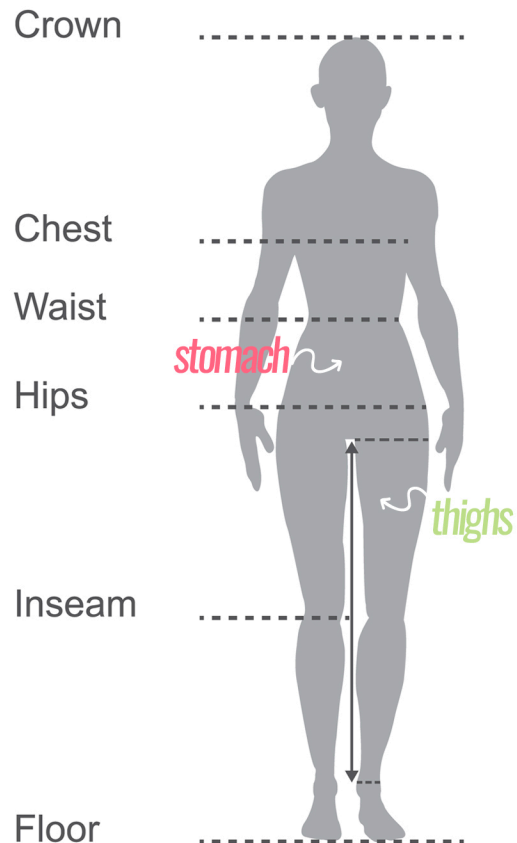
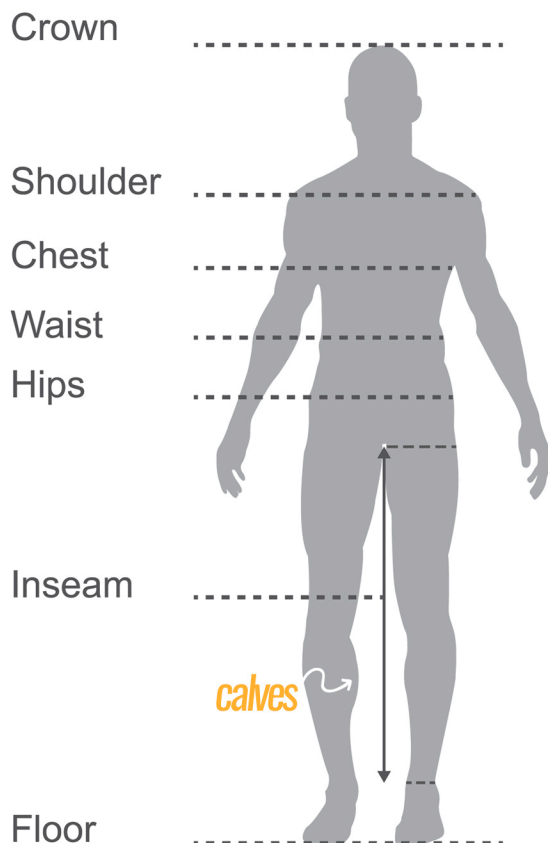
.....

Note on the chart exactly where you measured

.....

Don't forget to take before and after pictures!

## Measurement Guide





# 21 day fix tracker

calorie target:	container						
	veggies	fruit	protein	carbs	healthy fats & cheese	seeds & oils	teaspoon
day:							
meal one							
meal two							
meal three							
meal four							
meal five							
meal six							
day:							
meal one							
meal two							
meal three							
meal four							
meal five							
meal six							
day:							
meal one							
meal two							
meal three							
meal four							
meal five							
meal six							
day:							
meal one							
meal two							
meal three							
meal four							
meal five							
meal six							