

Veggies

- Kale, cooked or raw
- Watercress, cooked or raw
- Collard Greens, cooked or raw
- Spinach, cooked or raw
- Bok Choy, cooked or raw
- Brussels sprouts, 5 med or chopped
- Broccoli, chopped
- Asparagus, 10 large
- Beets, 2 medium
- Power Greens Boost, 2 scoops only (2x day)
- Tomatoes, chopped, cherry, or 2 medium
- Tomatillos, chopped or 3 medium
- Pumpkin, chopped
- Squash, winter and summer
- Chayote Squash, chopped
- 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
- Onions, chopped
- Sprouts
- Bamboo Shoots
- Salsa, fresh, or pico de gallo
- Vegetable Broth, 2 Cups
- pickles, chopped

Fruits

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, 1 small
- Guava, 2 medium
- Starfruit
- 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, 1/2 large
- Cherries
- Grapes
- Kiwi, 2 medium
- Mango, sliced
- Peach, sliced or 1 large
- Plum, 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, 1/2 small
- Papaya, chopped
- Figs, 2 small
- Honeydew Melon, chopped
- Pumpkin Puree
- Salsa, store bought
- Tomato sauce, plain or marinara
- Applesauce, unsweetened
- Jackfruit

Proteins

- Sardines (fresh or canned in water), 7 medium
- Boneless, skinless chicken breast
- Boneless, skinless turkey breast
- 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%)
- Eggs, 2 large or 8 egg whites
- Shakeology, 1 scoop
- Greek Yogurt, plain, 2%
- Yogurt, plain, 2%
- Shellfish, cooked
- Clams
- Octopus, cooked, chopped
- Squid, cooked, chopped
- Red meat, extra lean, cooked,
- Lean ground red meat (+95%)
- Organic Tempeh
- Organic Tofu, firm
- Pork Tenderloin, cooked
- 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 serving
- Veggie burger, 1 medium patty (>16g protein, <15g carbs)
- Turkey bacon, nitrate and nitrite free, 4 slices
- Beef broth, 4 Cups

- 2C chicken broth = 1/2 R
- 8oz unsweet soy milk, 1/2R

Carbs

- Sweet potato, chopped
- Yams (regular, white, tropical)
- Plantains, sliced or 1/2 medium
- Quinoa, cooked
- Beans, 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, mashed or 1/2 medium
- Corn on the cob, 1 ear
- Amaranth, cooked
- Millet, cooked
- Buckwheat, cooked
- Barley, cooked
- Bulgur, cooked
- Oatmeal, steel-cut, 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 wheat, 1 4-inch
- Waffles, whole grain, 1 waffle
- Pancakes, whole grain, 1 4-inch
- Bagel, whole grain, 1/2 small,
- Tortilla, whole wheat 1 6-inch
- Tortilla, corn, 2 6-inch
- Rice cakes, 2

- 8oz milk, 1-2%, 1Y, 1/2 tsp
- 8oz unsweetened 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, 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
- Cojita cheese, crumbled
- Oaxaca cheese, crumbled
- Queso Fresco, crumbled
- 8oz. unsweet coconut milk (not can), 1/2B

Seeds & Dressings

- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Chia seeds, 4 tsp
- Hemp seeds
- Pine nuts
- Olives, 10 medium
- Peanuts
- Coconut, unsweetened, shredded
- 21 Day Fix dressings

Flours

- 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*
- Arrowroot and tapioca powders are similar to cornstarch and not usually counted

Free Foods

- Lemon and lime juice
- Vinegar
- Mustard
- Herbs (fresh and dry)
- Spices
- Garlic
- Ginger
- Green onion
- Chile varieties: jalapeños, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.
- Hot sauce (Tabasco or Mexican)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Achovy paste
- Cocoa powder

Water Bar

- Flat water
- Sparkling 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
- Mint leaves
- Basil
- Grated Ginger
- Rosemary
- Cinnamon

Coffee Bar

- You can use your 4 free teaspoons a day for natural sweeteners (see the next column)
- Unlimited cinnamon, lemon, pumpkin spice, and nutmeg
- 1-2 tablespoons of low-fat or non-fat milk twice a day



Everyone is allowed 4 tsp per day of: raw sugar, honey, molasses, maple syrup, agave syrup, and stevia in addition to their allotted 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
- mayo, pesto

- 8oz. unsweetened almond milk
- 8oz. unsweetened cashew milk

3x/week

- Dried apricots, unsweet (4), 1P
- Dried figs, (2), 1P
- Prunes (2)
- Medjool dates, (1), 1P
- Raisins, 2 mini boxes, 3T, 45 pieces), 1P
- Dried mango, unsweetened (2), 1P
- Dried Cranberries (2T, or about 30), 1Y
- Dried apple rings, unsweet, (7), 1P
- Dark chocolate, plain (1.5" sq., 1 fun size bar, or approx 25 morsels), 1Y
- Potato chips, plain kettle, (6 chips), 1Y
- Tortilla chips, plain corn, (6 chips), 1Y
- Mini pretzels, (14 pieces), 1Y
- Peanut butter pretzels (12) 1Y, 2tsp
- Chocolate covered raisins, (20), 1/2P 1/2Y
- Chocolate covered almonds, (6), 1/2B 1/2Y
- 100% real fruit juice, 4oz., 1P
- Kombucha, 12 oz, 1Y
- Alcohol**
- Wine, (5 oz.), 1Y
- Beer, light (12 oz.), 1Y
- Beer, regular (12 oz.), 1 1/2 Y
- Hard alcohol, (1.5 oz.), 1Y

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