

## Green Container

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| <ul style="list-style-type: none"><li>● Kale, cooked or raw</li><li>● Collard Greens, cooked or raw</li><li>● Spinach, cooked or raw</li><li>● Brussels sprouts, chopped or 5 medium</li><li>● Asparagus, 10 large spears</li><li>● Beets, 2 medium</li><li>● Tomatoes, chopped, cherry or 2 medium</li><li>● Squash (summer), sliced</li><li>● Winter Squash (all varieties), cubed</li><li>● String beans</li><li>● Peppers, sweet, sliced</li></ul> | <ul style="list-style-type: none"><li>● Carrots, sliced or 10 medium baby</li><li>● Cauliflower, chopped</li><li>● Artichokes, 1/2 large</li><li>● Eggplant, 1/2 medium</li><li>● Okra</li><li>● Jicama, sliced</li><li>● Snow Peas</li><li>● Cabbage, chopped</li><li>● Cucumbers</li><li>● Celery</li><li>● Lettuce (NOT iceberg)</li><li>● Mushrooms</li><li>● Radishes</li></ul> |
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## Purple Container

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| <ul style="list-style-type: none"><li>● Raspberries</li><li>● Blueberries</li><li>● Blackberries</li><li>● Strawberries</li><li>● Watermelon, diced</li><li>● Cantaloupe, diced</li><li>● Orange, divided into sections, or 1 medium</li><li>● Tangerine, 2 small</li><li>● Apple, sliced or 1 small</li><li>● Apricots, 4 small</li><li>● Grapefruit, divided into sections, or 1/2 large</li></ul> | <ul style="list-style-type: none"><li>● Cherries</li><li>● Grapes</li><li>● Kiwifruit, 2 medium</li><li>● Mango, sliced</li><li>● Peach, sliced or 1 large</li><li>● Nectarine, sliced or 1 large</li><li>● Pear, sliced or 1 large</li><li>● Pineapple, diced</li><li>● Banana, 1/2 large</li><li>● Papaya, diced</li><li>● Figs, 2 small</li><li>● Honeydew melon, diced</li></ul> |
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## Red Container

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| <ul style="list-style-type: none"><li>● Sardines (fresh or canned in water), 7 medium</li><li>● Boneless, skinless chicken or turkey breast, cooked, diced</li><li>● Lean ground chicken or turkey, cooked</li><li>● Fish, freshwater (catfish, tilapia, trout), cooked, flaked</li><li>● Fish, cold water, wild caught (cod, salmon, halibut, tuna) cooked, flaked</li><li>● Game: buffalo (bison, ostrich, venison) cooked, diced</li><li>● Game: lean ground, cooked, diced</li><li>● Eggs, 2 large</li><li>● Greek yogurt, plain 1%</li><li>● Yogurt, plain 2%</li><li>● Shellfish (shrimp, crab, lobster) cooked</li><li>● Clams, canned drained</li></ul> | <ul style="list-style-type: none"><li>● Red meat, extra-lean, cooked, diced</li><li>● Lean ground red meat, cooked</li><li>● Shakeology, 1 scoop</li><li>● Tempeh</li><li>● Tofu, firm</li><li>● Pork tenderloin, diced cooked</li><li>● Tuna, canned light in water, drained</li><li>● Turkey slices, low sodium, fat free, 6 slices</li><li>● Ham slices, low sodium, fat free, 6 slices</li><li>● Ricotta cheese, light</li><li>● Cottage cheese, 2%</li><li>● Protein powder (whey, hemp, rice, pea) 1 1/2 scoops</li><li>● Veggie burger, 1 medium patty</li><li>● Turkey bacon (reduced fat), 4 slices</li></ul> |
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## Yellow Container

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| <ul style="list-style-type: none"><li>● Sweet potato</li><li>● Yams</li><li>● Quinoa, cooked</li><li>● Beans, cooked drained</li><li>● Lentils, cooked drained</li><li>● Edamame, shelled peas</li><li>● Refried beans, nonfat</li><li>● Brown rice, cooked</li><li>● Wild rice, cooked</li><li>● Potato, mashed or 1/2 medium</li><li>● Corn on the cob, 1 ear</li><li>● Amaranth, cooked</li><li>● Millet, cooked</li><li>● Buckwheat, cooked</li><li>● Barley, cooked</li><li>● Bulgur, cooked</li></ul> | <ul style="list-style-type: none"><li>● Oatmeal, steel cut, cooked</li><li>● Oatmeal, rolled, cooked</li><li>● Pasta, whole-grain, cooked</li><li>● Couscous, whole wheat, cooked</li><li>● Crackers, whole grain, 8 small crackers</li><li>● Cereal, whole-grain, low sugar</li><li>● Bread, whole grain, 1 slice</li><li>● Pita bread, whole wheat, 1 small</li><li>● Waffles, whole grain, 1 waffle</li><li>● Pancakes, whole grain 1 small</li><li>● English muffin, whole grain, 1/2 muffin</li><li>● Bagel, whole grain, 1/2 small</li><li>● Tortilla, whole wheat, 1 small</li><li>● Tortilla, corn, 2 small</li></ul> |
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## Blue Container

<ul style="list-style-type: none"><li>● Avocado, mashed or 1/4 medium</li><li>● 12 almonds, whole, raw</li><li>● 8 cashews, whole, raw</li><li>● 14 peanuts, whole, raw</li><li>● 20 pistachios, whole, raw</li><li>● 10 pecan halves, raw</li><li>● 8 walnut halves, raw</li><li>● Hummus</li></ul>	<ul style="list-style-type: none"><li>● Coconut milk, canned</li><li>● Feta cheese, crumbled</li><li>● Goat cheese, crumbled</li><li>● Mozzarella (low moisture)</li><li>● shredded Cheddar, shredded</li><li>● Provolone, shredded</li><li>● Monterey Jack, shredded</li><li>● Parmesan, shredded</li></ul>
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## Orange Container

<ul style="list-style-type: none"><li>● Pumpkin Seeds, raw</li><li>● Sunflower seeds, raw</li><li>● Sesame seeds, raw</li><li>● Flaxseed, ground</li></ul>	<ul style="list-style-type: none"><li>● Olives, 10 medium</li><li>● Peanuts</li><li>● Coconut, unsweetened, shredded</li><li>● 21 Day Fix dressings</li></ul>
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## Teaspoon

<ul style="list-style-type: none"><li>● Extra Virgin Olive Oil</li><li>● Extra Virgin Coconut Oil</li><li>● Flaxseed Oil</li><li>● Walnut Oil</li><li>● Pumpkin seed oil</li></ul>	<ul style="list-style-type: none"><li>● Nut butters (peanut, almond, cashew, etc)</li><li>● Seed butters (pumpkin, sunflower, sesame [tahini])</li></ul>
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