

21 Day Fix Shopping List

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Veggies (Green)

Kale	Collard Greens	Spinach
Brussels sprouts	Broccoli	Asparagus
Beets	Tomatoes	Squash, summer
Winter squash	String beans	Peppers, sweet
Carrots	Cauliflower	Artichokes
Eggplant	Okra	Jicama
Snow peas	Cabbage	Cucumbers
Celery	Lettuce	Mushrooms
Radishes	Onions	Sprouts

Fruits (Purple)

Raspberries	Blueberries	Blackberries
Strawberries	Watermelon	Cantaloupe
Orange	Tangerine	Apple
Apricots	Grapefruit	Cherries
Grapes	Kiwifruit	Mango
Peach	Nectarine	Pear
Pineapple	Banana	Papaya
Figs	Honeydew melon	Salsa
Pico de gallo	Tomato sauce	

Proteins (Red)

Sardines	Chicken breast	Turkey breast
Ground chicken	Ground turkey	Tilapia
Catfish	Trout	Cod
Tuna, fresh	Salmon	Buffalo/bison
Venison	Ground game	Eggs
Greek yogurt, 1%	Yogurt, plain 2%	Shrimp
Crab /Clams	Lobster	Turkey bacon
Red meat, lean	Shakeology	Tempeh
Tofu	Pork tenderloin	Tuna, canned
Cottage cheese 2%	Protein powder	Turkey slices
Ham slices	Ricotta cheese	Veggie burger

Carbs (Yellow)

Sweet potato	Yams	Quinoa
Black beans	Kidney beans	Garbanzo beans
Beans, other	Lentils	Edamame
Peas	Refried beans	Brown rice
Wild rice	Potato	Corn on cob
Amaranth	Millet	Buckwheat
Barley	Bulgur	Oatmeal, steel cut
Oatmeal, rolled	Couscous	Bread, whole grain
Tortilla, corn	Tortilla, whole wheat	Pasta, whole grain
Cereal	Pita bread	Cracker,
Waffles,	English muffin,	Bagel, whole grain

Seeds & Dressings (Orange)

Pumpkin seeds	Sunflower seeds	Sesame seeds
Flaxseed, ground	Olives	Peanuts
Coconut, unsweet	Fix Dressings	

Oils & Nut Butters (Tsp.)

Olive oil, EV	Coconut oil, EV	Flaxseed oil
Walnut oil	Pumpkin seed oil	Peanut butter
Almond butter	Cashew butter	Seed butters

Healthy Fats (Blue)

Avocado	Almonds	Cashews
Pecans	Peanuts	Pistachios
Walnuts	Hummus	Coconut milk
Feta/Goat cheese	Provolone	Mozzarella
Parmesan cheese	Jack Cheese	Cheddar cheese

Free Foods

Fresh lemon juice	Fresh lime juice	Vinegars
Mustard	Herbs	Spices
Garlic	Ginger	Hot sauce
Pure extracts	E&E	Seasoning mixes
Coffee	Tea	