

# FIXATE™ RECIPES UPDATES

## NOTE FROM AUTUMN

---

One of the most important things I consider when creating a product is the consumer experience and customer feedback. In fact, it was feedback from 21 Day Fix® customers that inspired me to write the *Fixate* cookbook! People really wanted and needed recipes that worked with my Fix Container system, and there weren't enough vegan, gluten-free, or paleo-friendly recipes out there that were easy to make, delicious, and had container equivalents.

I knew that writing the perfect cookbook wasn't going to be easy. That's why I gathered a team of experts, from nutritionists to chefs to my own fussy Italian family, to help me make this book everything I dreamed it could be.

Not only am I constantly tweaking and refining my recipes, but I am always looking for ways to enhance *Fixate*. With that in mind, I am including some updated, and more intuitive container equivalents, correcting some nutritional information, and providing a revised and perfectly FIX-approved recipe!

Thanks for purchasing *Fixate*, and I hope you enjoy the book and all of its 101 recipes, as much as I enjoyed putting it together for you.

Buon appetito,

A handwritten signature in black ink, appearing to read 'Autumn', written in a cursive style.

# FIXATE RECIPE UPDATES

Cut out the corresponding labels and apply them over the area of the recipe indicated for a quick update.

## RECIPE NOTE:

**Turkey Sloppy Joes (p. 171)**  
**Spicy Cauliflower Bites (p. 181)**  
 Be sure to use a gluten-free Worcestershire sauce for a fully gluten-free recipe.

**Page 43**  
 Italian Wedding Soup

CONTAINER EQUIVALENTS (per serving):   $\frac{1}{2}$   1  1

**Page 45**  
 Mexican Chicken Tortilla Soup

CONTAINER EQUIVALENTS (per serving):  2  1   $1\frac{1}{2}$   1

**Page 53**  
 Calabrese Salad

CONTAINER EQUIVALENTS (per serving):   $\frac{1}{2}$   1  1

**Page 55**  
 Creamy Chicken Salad

CONTAINER EQUIVALENTS (per serving):  2   $\frac{1}{2}$   1   $\frac{1}{2}$    $\frac{1}{2}$



**Page 61**  
 On-The-Go Salad

CONTAINER EQUIVALENTS (per serving):  3  1   $\frac{1}{2}$    $\frac{1}{2}$

**Page 69**  
 Toasted Kale Salad with Lemon Dijon Salad Dressing

CONTAINER EQUIVALENTS (per serving):  2   $\frac{1}{2}$    $\frac{1}{2}$    $\frac{1}{2}$    $\frac{1}{2}$




**Page 107**  
 Peanut Butter and Chocolate Steel-Cut Oatmeal

CONTAINER EQUIVALENTS (per serving):   $1\frac{1}{2}$    $\frac{1}{2}$   1

**Page 117**  
 Vanilla Protein Pancakes with Pears and Cinnamon

CONTAINER EQUIVALENTS (per serving):   $\frac{1}{2}$    $\frac{1}{2}$   1  1

**Page 167**  
 Sweet Potato Ricotta Gnudi in Pumpkin Sauce

CONTAINER EQUIVALENTS (per serving):  2  1   $\frac{1}{2}$

**Page 181**  
 Spicy Cauliflower Bites

CONTAINER EQUIVALENTS (per serving):  2   $\frac{1}{2}$   1

**Page 197** - top of page  
 Pumpkin Pie Energy Bites

**SERVES: 8** (2 energy bites each) **Prep Time: 20 min.** **Cooking Time: None**  
 CONTAINER EQUIVALENTS (per serving):  1   $\frac{1}{2}$




**Page 197** - bottom of page  
 Pumpkin Pie Energy Bites

**NUTRITIONAL INFORMATION (per serving):** Calories: 122  
 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 20 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 13 g Protein: 1 g

**Page 207**  
 Almond Milk Panna Cotta with Blueberry Jam and Italian Meringue

**Page 221**  
 Sciadone-Italian Easter Pie


CONTAINER EQUIVALENTS (per serving):  3  1  1



**Page 223**  
 Strawberry-Banana Ice Cream

CONTAINER EQUIVALENTS (per serving):  2

**Page 225**  
 Vanilla Cake with Chocolate Frosting

CONTAINER EQUIVALENTS (per serving):  2  1  1

**Page 237**  
 Skinny Coconut Berry Refresher

**Page 239**  
 Skinny Cosmo



## MACARONI AND CHEESE WITH BROCCOLI AND CHICKEN

**SERVES: 8** (1½ cups each) Prep Time: 20 min. Cooking Time: 17 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½  ½

- 4 oz.** dry whole wheat elbow macaroni  
(or 3 cups cooked macaroni)
- 4 tsp.** organic grass-fed butter  
(or organic coconut oil)
- 2 Tbsp.** unbleached whole wheat flour
- 1½ cups** unsweetened almond milk
- 1¼ cups** freshly grated extra-sharp  
cheddar cheese
- 3 cups** cooked chopped chicken  
breast, boneless, skinless
- 6 cups** chopped broccoli  
florets, steamed
- 1 tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper

1. Cook macaroni according to package directions. (Do not use salt or oil if suggested in directions.) Set aside.
2. Melt butter in large saucepan over medium heat.
3. Add flour; cook, whisking constantly, for 1 minute, or until brown (don't let it burn).
4. Slowly whisk in almond milk; cook, whisking constantly, for 1 to 2 minutes, or until mixture thickens and there are no lumps.
5. Reduce heat to low. Add cheese; cook, whisking constantly, for 2 to 3 minutes, or until melted.
6. Add chicken, broccoli, salt, and pepper; cook, stirring constantly, for 1 minute, or until heated through.
7. Serve immediately.

### TIP:

Use quinoa pasta and gluten-free flour if you're following a gluten-free lifestyle.

### VARIATIONS:

- Asparagus, green beans, or brussels sprouts can be substituted for broccoli.
- A combination of cheeses like cheddar and Gouda, cheddar and Monterey jack, and cheddar and Asiago can be substituted for sharp cheddar.

**NUTRITIONAL INFORMATION** (per serving): Calories: 250

Total Fat: 10 g Saturated Fat: 5 g Cholesterol: 68 mg Sodium: 491 mg Carbohydrates: 15 g Fiber: 2 g Sugars: 0 g Protein: 26 g