

# FOOD LIST

## veggies – carbohydrates

### **(1 cup portion)**

Kale, cooked or raw  
Spinach, cooked or raw  
Brussels sprouts  
Broccoli, chopped  
Asparagus, 10 large spears  
Beets  
Tomatoes  
Pumpkin cubed  
Squash (summer)  
Winter squash (all varieties)  
Peppers (sweet), sliced  
Poblano chilies, chopped  
Banana peppers  
Carrots  
Cauliflower  
Artichokes  
Eggplant  
Okra  
Snow pea  
Cabbage  
Cucumbers  
Celery  
Lettuce  
Mushrooms  
Radishes  
Turnips  
Onions  
Sprouts  
Salsa (freshly made)  
Vegetable broth, 2 cups

## fruits – carbohydrates

### **(1 Cup Portion)**

Raspberries  
Blueberries  
Blackberries  
Strawberries  
Pomegranate  
Watermelon, chopped

Cantaloupe  
Orange  
Tangerine  
Apple  
Apricots  
Grapefruit  
Cherries  
Grapes  
Kiwifruit  
Mango  
Peach  
Plum  
Nectarine  
Pear  
Pineapple  
Banana  
Papaya  
Figs  
Honeydew melon  
Pumpkin puree  
Salsa (store-bought)  
Tomato sauce  
Applesauce (unsweetened)

## starchy carbohydrates

### **(1/2 Cup Portion)**

Sweet potato  
Yams  
Plantains  
Quinoa  
Beans (kidney, black, garbanzo, white, lima, fava)  
Lentils  
Organic edamame, shelled  
Peas  
Refried beans (nonfat)  
Rice (brown or wild)  
Potato (russet, red bliss or Yukon gold), mashed  
Corn on the cob  
Amaranth

Millet  
Buckwheat  
Barley  
Oatmeal (steel-cut or rolled)  
Hominy  
Pasta (whole-grain)  
Couscous (whole wheat)  
Bread (whole-grain, sprouted), 1 slice  
Tortilla (corn), 2 (6-inch)  
Tortilla (whole-grain), 1 (6-inch)

## protein

### **(3/4 Cup Portion)**

Boneless, skinless chicken or turkey breast  
Lean ground chicken or turkey (≥ 93% lean)  
Fish, fresh water (catfish, tilapia, trout)  
Fish, cold water (cod, salmon, halibut, tuna, mahi-mahi)  
Game (buffalo, bison, venison)  
Eggs, 2 large  
Egg whites, 8 large  
Greek yogurt (plain, 2%)  
Yogurt (plain, 2%)  
Clams (canned, drained)  
Shellfish (shrimp, crab, lobster)  
Squid, cooked, chopped  
Red meat (extra-lean)  
Ground red meat (≥ 95% lean)  
Organic tempeh  
Organic tofu

Pork tenderloin  
Tuna (canned light in water)  
Ham & Turkey slices, nitrite-free (minimally processed), 6 slices  
Cottage cheese (2%)  
Protein powder (whey or plant)  
Veggie burger patty  
Turkey bacon, nitrite-free (uncured), 4 slices  
Chicken or turkey sausage, lean, nitrite-free (uncured), 1 link, 1 patty, or ground

## healthy fats – nuts & seeds

### **(1/8 Cup Portion or otherwise noted)**

12 almonds  
8 cashews  
14 peanuts  
20 pistachios  
10 pecan halves  
8 walnut halves  
Pumpkin seeds  
Sunflower seeds  
Sesame seeds  
Flaxseed, ground  
Chia seeds  
Hemp seeds  
Pine nuts  
Olives, 10 medium

## healthy fats – cheese & misc.

### **(1/4 cup portion)**

Avocado ¼ medium  
Hummus  
Coconut milk (canned)  
Feta cheese  
Goat cheese  
Mozzarella, shredded  
Cheddar, shredded  
Provone, shredded  
Monterey Jack, shredded  
Parmesan, shredded  
Cotija cheese, crumbled  
Oaxaca cheese, crumbled  
Queso fresco, crumbled  
Coconut (unsweetened), shredded  
Oil-based salad dressings

## healthy fats – oils & nut butters

### **(one teaspoon portion)**

Extra-virgin olive oil  
Extra-virgin coconut oil  
Flaxseed oil  
Walnut oil  
Pumpkin seed oil  
Sesame oil  
Cacao nibs  
Nut butters (peanut, almond, cashew, etc.)  
Seed butters (pumpkin, sunflower, sesame [tahini])  
Butter  
Ghee  
Pesto  
Mayonnaise



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## FREE FOODS

You can have as many of these foods as you want.

- Fresh lemon and lime juice
- Vinegars
- Mustard
- Herbs such as parsley, cilantro (fresh and dry)
- Spices and Fix-approved seasoning mixes
- Garlic
- Ginger
- Green onion
- Chili varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Pure flavor extracts (Vanilla, peppermint, almond, etc.)

## WATER

We recommend you drink your body weight, divided by two, in ounces. So if you weigh 170 pounds, that would be  $170/2 = 85$ . That's 85 oz. of water, every day.

Want to add a little zing to your water? No problem! Just mix in a little flavor booster.

ANY OF THESE WORK:

- Sparkling water (no calories)
- Lemon or lime wedges, 2 small wedges
- Blueberries, 6 berries
- Raspberries, 4 berries
- Oranges, 1 big wedge
- Strawberries, 2, sliced
- Kiwi, 1/4 fruit, sliced
- Mango, 2 Tbsp., chopped
- Pineapple, 2 Tbsp., chopped
- Cucumber, 4 slices
- Frozen grapes, 4 grapes
- Watermelon or honeydew melon cubes, 4 small cubes
- Splash of pure fruit juice: cranberry, orange, grapefruit
- Mint, basil, or rosemary leaves
- Grated ginger
- Ground cinnamon

## COFFEE AND TEA<sup>†</sup>

Coffee and tea are fine, in moderation.

We recommend no more than three to four 8-oz. cups a day. Ideally, you'll drink your coffee black and your tea plain. But if you need to add something, try these:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1 serving per day)
- 1–2 Tbsp. low-/nonfat milk (cow's, soy, almond, etc.)

<sup>†</sup>Tea is defined as loose-leaf or bagged and unsweetened, as opposed to the sugary bottled stuff.

## SMOOTHIE BASES

Once a day you can substitute one of the liquids below for the corresponding container (Hint: they're all great ways to add even more flavor to Shakeology, Your Daily Dose of Dense Nutrition<sup>®</sup>.) For example, if you like to make your Shakeology with unsweetened almond milk, add eight fluid ounces and tick off one teaspoon from your portion plan.

- Low-fat milk, 1–2% (8 fl. oz.) 1  1/2 
- Unsweetened almond milk (8 fl. oz.) 1 
- Unsweetened organic soy milk (8 fl. oz.) 1/2 
- Unsweetened coconut milk (8 fl. oz.) 1 
- Unsweetened rice milk (8 fl. oz.) 1 
- Unsweetened coconut water (8 fl. oz.) 1/2 

## AVOID

- Cream
- Half-and-half
- Nondairy creamer
- Artificial sweeteners
- Flavored syrups (such as caramel, vanilla, hazelnut, etc.)
- Chocolate syrup

## HELPFUL HINTS

- Use your containers and eat ALL of them.
- Track your containers on paper or on the Nutrition App.
- Eat 5 times a day.
- Eat every 2 ½ - 3 hours.
- No yellow containers after 5pm.
- Mix and match containers at every meal (2-3 at each meal)
- NEVER leave home without 1 meal.
- Meal plan and prep on the weekend.
- Get a variety of 3 fruits and 3 veggies.
- Get 7-8 hours of sleep.
- Move your body every day for at least 30 minutes.



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• Remember this is a lifestyle.

## SUBSTITUTIONS (3 PER WEEK)

### TREATS

Dried apricots, unsweetened (4 pieces) 1 ■

Dried figs, unsweetened (2 pieces) 1 ■

Prunes (2 pieces) 1 ■

Medjool dates (1 piece) 1 ■

Raisins (2 mini-boxes, 3 Tbsp., 1 or approx. 45 pieces) 1 ■

Dried mango, unsweetened (2 pieces) 1 ■

Dried cranberries (2 Tbsp. or 1 approx. 30 pieces) 1 ■

Dried apple rings, unsweetened 1 (approx. 7 rings) 1 ■

Dark chocolate, plain (1.5"x1.5" square, 1 1 fun-sized bar, or approx. 25 morsels) 1 ■

Potato chips, plain kettle (6 chips) 1 ■

Tortilla chips, plain corn (6 chips) 1 ■

Mini pretzels (14 pretzels) 1 ■

Peanut butter pretzel nuggets (12 pieces) 1 ■ 2 ☛

Chocolate-covered raisins (20 pieces) 1/2 ■ 1/2 ■

Chocolate-covered almonds (6 pieces) 1/2 ■ 1/2 ■

### OTHER BEVERAGES

100% real fruit juice 1 ■

Wine (5 fl. oz.) 1 ■

Beer, light (12 fl. oz.) 1 ■

Beer, regular (12 fl. oz.) 1 1/2 ■

Hard alcohol (1.5 fl. oz.) 1 ■

Kombucha (12 fl. oz.) 1 1/2 ■

## TIPS FOR EATING OUT

**Don't arrive at the restaurant hungry.** Planning is your best option. Find your restaurant's menu online and plan your meal selection ahead of time, so you're not tempted to overindulge.

**If you're planning on having a carbohydrate with your meal, skip the breadbasket.** Same goes for chips/salsa. Say no thank you or make sure you limit it to one basket for the table.

**Make sure you drink water while you wait.** Thirst and hunger can be confused, and water is always a better choice to start your meal with than a sweet tea, soda, or cocktail.

**Ideally, avoid the extra sugar and carbohydrates from beer, wine, and sugary drinks on a regular basis.** If you are going to have a glass of wine—remember 5 oz. counts as a yellow so account for it. It's OK occasionally, but it shouldn't become a dinner staple.

**When ordering your meal, read the item descriptions on the menu.** Avoid dishes with words like fried, crispy, breaded, creamy, melted, and so on. You already know those aren't the dishes for you, no matter how tempting they sound. Instead, look for healthier key words, like steamed, baked, sautéed, and so on. Also ask for easy oil.

**Ask if they cook in butter or olive oil, and choose dishes prepared with olive oil or ask for your food to be prepared in olive oil. Ask if it has cream in it so you can properly decide and account for your containers.** Don't be afraid to ask for what you want. It's OK to leave things off or add things in. We often end up apologizing for eating the way we want to eat.

**When ordering salads,** ask for dressing on the side.

**Depending on the restaurant,** sometimes you can find great, healthy food on the appetizer list that's an appropriate portion size compared to the giant entrees they're going to give you.

**If you do order a big entree,** ask for a to-go box right away and pack up half of it to take home.

**Know what containers you have available for that meal.** This is why filling and plating your containers at home is so helpful. When food comes out at a restaurant, you'll know by looking at it if it's close to your appropriate portion size. Track your containers in your app so you always know what you have available, and you aren't guessing.

**If you have wine, skip dessert.** Coffee is allowed if it's not laced with sugar. Order a coffee to sip on while others are eating dessert. Or consider ordering 1 dessert to share with the table so you're only having a bite or two.

**Splurge occasionally.** You're allowed up to 3 treats a week, which includes everything from a glass of wine to sweet treats.



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## RESTAURANT PORTIONS

FOR EXAMPLE: Meat lasagna: ½  2  ½ 

Let's say you want meat lasagna, fill a Green Container with it or 1 cup. But check off ½ Red Container, 2 Yellow Containers, and ½ Blue Container. Don't check off a Green Container! You do this for all those listed in green.

- Cheese pizza (¼ of 12" pizza) .....2  1 
- Cheese and vegetable pizza (¼ of 12" pizza) ..... ½  2  1 
- Meat pizza (¼ of 12" pizza) ..... ½  2  1 
- Meat lasagna ..... ½  2  ½ 
- Vegetable lasagna ..... ½  2  ½ 
- Pasta with meat sauce or meatballs ..... ½  2 
- Pasta primavera.....1  2  ½  1 
- Sushi roll with fish and veggies (6 pieces) ..... 1  1  1 
- Soups:
- Bean or lentil..... 2 
- Cream..... 1  1 
- Split pea..... 2 
- Vegetable ..... 1  1 
- Beef or chicken noodle ..... 1  1 
- Chili with beef ..... 1  1 
- Vegetarian chili..... 1  2 
- Chicken or beef and vegetable stir-fry..... 1  1  1 
- Chicken or beef lo mein..... ½  2  1 
- Vegetable lo mein ..... 1  2  1 
- Lean meat tacos (soft corn) with cheese, lettuce, & salsa (2 tacos) .....1  1  1  1 
- Small burrito with lean meat, beans, cheese, & salsa .....1  2  1 
- Tuna noodle casserole ..... ½  1  ½  1 
- Beef or chicken stew..... ½  ½  ½  1 

