



# 21-day fix basics

FOR THOSE WHO CAN'T GET THE  
PROGRAM

# The Basics

When you start your 21 Day Fix Program you first come across a formula to calculate your calorie bracket (calories you should be taking in order to lose weight)

*Current bodyweight in lbs x 11 = your baseline*

*Your baseline + 400 = your daily caloric needs to maintain that weight*

*Your daily caloric needs – 750 = your caloric target to lose weight*

For those of you who use kilograms for measure,

1 kg = 2.20462lbs

Based on your result you will be able to see the number of containers you get to have during the day



Weight	<169 lbs	169-195	196-222	>223
Calories	1,200-1,499	1,500-1,799	1,800-2,099	2,100-2,300
Containers				
Green (vegetables)	3	4	5	6
Purple (Fruits)	2	3	3	4
Red (protein)	4	4	5	6
Yellow (Carbs)	2	3	4	4
Blue (healthy fats)	1	1	1	1
Orange (dressings and nuts)	1	1	1	1
Tbs	2	4	5	6

# Containers in Short

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1 cup = 2,5 dcl  
veggies

1 cup = 2,5 dcl  
fruit

3/4 cup = 1,7  
dcl  
protein

1Tsp  
Oils and  
butters

1/2 cup = 1,2  
dcl  
carbs

1/3 cup = 0,7  
dcl  
healthy fats

2 Tbsp  
seeds and  
dressings

# Food List Examples

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**Veggies:** • Kale • Watercress, • Collard greens, • Spinach • Brussels sprouts, • Broccoli, • Asparagus • Beets, 2 medium • Tomatoes • Pumpkin • Squash • String beans • Peppers • Carrots • Cauliflower, • Artichokes, ½ large • Eggplant, ½ medium • Snow peas • Cabbage, • Cucumbers • Celery • Lettuce (NOT iceberg) • Mushrooms • Radishes • Onions • Sprouts

**Fruit:** • Raspberries • Blueberries • Blackberries • Strawberries • Pomegranate • Passionfruit • Watermelon • Cantaloupe • Orange • Bitter orange • Tangerine • Apple • Apricots • Grapefruit • Cherries • Grapes • Kiwifruit • Mango • Peach • Nectarine • Pear • Pineapple • Banana • Green banana • Papaya • Figs • Honeydew melon

**Protein:** • Boneless, skinless chicken or turkey breast • Duck breast • Lean ground chicken or turkey • Fish • Game: buffalo (bison, ostrich, venison, rabbit), • Eggs, 2 large or egg whites, 8 large • Greek yogurt, plain, 1% • Yogurt, plain, 2% • Shellfish • Red meat, • Shakeology®, 1 scoop • Tempeh • Tofu, firm • Pork tenderloin • Tuna, canned light in water, drained • Turkey slices, 6 slices • Ham slices, 6 slices • Ricotta cheese • Cottage cheese, 2% • Protein powder (whey, hemp, rice, pea), 1½ scoops • Veggie burger, 1 medium patty

**Carbs:** • Sweet potato • Yams [batata] • Quinoa, cooked • Beans, cooked, drained • Lentils, cooked, drained • Peas • Brown rice, cooked • Wild rice, cooked • Potato, mashed or ½ medium • Amaranth, cooked • Millet, cooked • Buckwheat, cooked • Barley, cooked • Bulgur, cooked • Oatmeal • Pasta, whole grain, cooked • Couscous, cooked • Crackers, whole-grain, 8 small crackers • Cereal, whole-grain, low sugar • Bread, whole-grain, 1 slice • Pita bread, whole wheat, 1 small (10cm) • Waffles, whole-grain, 1 waffle • Pancakes, whole-grain, 1 small (10cm) • English muffin, whole-grain, ½ muffin • Bagel, whole-grain, ½ small • Tortilla, whole wheat, 1 small • Tortilla, corn, 2 small

**Healthy fats:** • Avocado, mashed or ¼ 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 • Parmesan, shredded

**Seeds and Dressings:** • Pumpkin seeds, raw • Sunflower seeds, raw • Sesame seeds, raw • Flaxseed, ground • Olives, 10 medium • Peanuts • Coconut, shredded • 21 Day Fix® DRESSINGS

**Tsp:** • Extra-virgin olive oil • Extra-virgin coconut oil • Flaxseed oil • Walnut oil • Pumpkin seed oil • Nut butter (peanut, almond, cashew, etc.) • Seed butter (pumpkin, sunflower, sesame [tahini])

# Some little tips

You could follow the program to a tee, and along with the regular exercise, you will definitely see results. However, also be kind to yourself.

Don't beat yourself up if you occasionally have more of something. Just keep track of the amount of food you eat. You can find 21-day fix apps for both iPhone and Android and keep track of how you are doing.

I didn't put in here very bit and piece of the program. There are also free foods and even how to calculate in a glass of wine or a piece of cake.

As a diabetic, I occasionally add carbs because of low sugar, but I try to keep track of the food I eat most of the time.

Go ahead, give it a try!

# Additional Info

You can find plenty of information and recipes regarding this program on Pinterest and Beachbody site.

About programs and nutrition:

<https://www.beachbody.com/beachbodyblog/>

21 day fix original link:

[https://www.beachbody.com/product/fitness\\_programs/21-day-fix-simple-fitness-eating.do](https://www.beachbody.com/product/fitness_programs/21-day-fix-simple-fitness-eating.do)