

# 21 Day Fix Extreme

*Getting Started*



## Your Containers

- Greens= Veggies
- Purple= Fruits
- Red= Proteins
- Yellow= Carbs
- Blue= Healthy Fats
- Orange= Seeds & Dressings
- Teaspoons= Oil & Nut butters

## First Steps

1) Start on Page 4 and calculate your calorie target.

[C] Your caloric target: \_\_\_\_\_

2) Go to page 5 and find your calorie chart range

[If you are breastfeeding or are pregnant, bump up to the next level in the calorie chart].

Your calorie chart range \_\_\_\_\_

3) Decide which approach you are going to do. I recommend starting with Approach A.

Approach: \_\_\_\_\_

Did you Download the tally sheet? {Yes/No?} \_\_\_\_\_

Download the Tally Sheets [HERE](#)

4) Choose one of the following:

\_\_\_ Energy Balancer

\_\_\_ Fat Burner

\_\_\_ Competition Regimen

5) Remember that the Extreme planned is based on food groups, macronutrients (carbs/protein/fat), vitamins, minerals, nutrients, etc. Use the containers instead of counting calories during this time. I repeat, do not count calories during the 21DFE. Trust that the containers are sufficient during this time.

## 21 Day Fix Extreme Shopping List

Greens Veggies	Purple Fruits	Reds Proteins	Yellow Carbs	Blue Fats	Orange Seeds/Dressings
Kale	Raspberries	Sardines	Sweet potatoes	Avocado	Raw nuts
Collard Greens	Blueberries	Boneless, chicken &	Yams	Raw nuts	Seeds (pumpkin, sunflower, sesame)
Spinach	Blackberries	Turkey breast	Quinoa	Hummus	Ground Flaxseed
Brussels	Strawberries	Lean ground chicken/turkey (>93%)	Beans	Coconut milk (Canned)	Salad Dressing
Sprouts	Watermelon	Fish (salmon, tilapia, cod, tuna)	Lentils	Chese (Feta, goat, mozzarella, provolone, cheddar, parmesan)	
Broccoli	Cantaloupe	Game (buffalo, bison, venison, ground game)	Edamame		<b>Teaspoons</b>
Asparagus	Orange	Eggs	Peas		Oils/Nut Butters
Beets	Tangerine	Egg whites	Refried beans (nonfat)		EVOO
Tomatoes	Apple	Plain greek yogurt	Brown rice		Coconut oil
Squash	Apricots	Shellfish (crab, shrimp, lobster)	Wild rice		Flaxseed oil
String beans	Grapefruit	Clams	Potato		Walnut Oil
Sweet bell peppers	Cherries	Red meat, extra lean	Corn on cob		Pumpkinseed oil
Carrots	Grapes	Shakeology	Aramanth		Nut butters
Cauliflower	Kiwi	Tempeh	Millet		Seed butters
Artichokes	Mango	Tofu	Buckwheat		<b>Free Foods</b>
Eggplant	Peach	Pork Tenderloin	Bulgur		Water
Okra	Nectarine	Tuna, canned in water	Oatmeal, steel cut		Tea/Coffee
Jicama	Pear	2% cottage cheese	Pasta, whole grain		Lemon/Lime juice
Snow peas	Pineapple	Protein powder (whey or vegan)	Couscous, whole wheat		Vinegar
Cabbage	Banana		Whole wheat sprouted		Mustard
Cucumbers	Papaya		Corn tortilla		Herbs
Celery	Figs		Whole wheat tortilla		Spices
Lettuce (romaine, greens)	Honeydew				Garlic
Mushrooms	Salsa				Ginger
Radishes	Tomato				Hot sauce
Onions	Sauce, plain				Flavor extracts
Sprouts					E&E
					Seasoning mixes

## Common Q & A's

1. **Is Shakeology required?** No, it is not required, but can greatly improve your overall health with nutrients, probiotics, antioxidants, convenience, etc.
2. **Milk?** Refer to page 21. Two times a week you can replace one of your yellow containers with portions of milk, almond milk, soy milk, etc.
3. **Can I add creamer to my coffee?** See page 26.
4. **What about foods not on the food lists?** The 21 DFE is extreme, and it is recommended that you do not eat foods that are not on the food lists during these 21 days.
5. **Very Hungry?** If you find you are extremely hungry after a few days, bump it up to the next calorie range level.
6. **Extra Greens/Purples?** If eating an extra purple or green means you won't eat a cookie, candy, or junk food, by all means, have that extra "treat."
7. **The Scale:** Do NOT weigh yourself more than once a week.
8. **Try new recipes & new foods.** If you can't find an item at your grocery store, ask the manager or search on amazon.com for the food.
9. **Eating Out?** You can eat out while on the fix, just be conscious of the food choices/portions. Eat from the food items on the food list and use your best judgment of portion sizes. Ask for items to be grilled, sauces on the side, steamed vegetables, salads, broth based soups. Avoid alcohol, bread bowls/baskets, chips, fried foods, creamed foods, non-whole grains, etc.
10. **Vegan?** I recommend vegan Shakeology. Red containers = tofu, tempeh, lentils, beans, vegan protein powder. You can count quinoa as a red only if you do not eat any other yellows/carbs in that same meal.
11. **Vegetarian?** Follow the same as the vegan recommendations, include extra eggs and plain greek yogurt to reach your protein recommendations.
12. **Gluten Free?** The 21DFE is gluten free friendly. Avoid gluten free "health foods." Continue to follow the plan as listed, avoiding breads & pastas



## 5 Day Sample Meal Plan 21 Day Fix Extreme

	Plyo Fix Extreme	Upper Fix Extreme	Pilates Fix Extreme	Lower Fix Extreme (Vegetarian Plan)	Cardio Fix Extreme (Vegetarian Plan)
<b>Breakfast</b>	Shakeology + ½ banana  [1 red + 1 purple]	PB&Strawberry Oatmeal + 2 hard boiled eggs  [1 purple, 1 yellow, 1 tsp + 1 red]	Shakeology + 8 oz almond milk + berries + PB  [1 red + 1 yellow + 1 purple + tsp]	2 eggs + peppers/tomatoes sprouted wheat toast w/ PB  [1 red + 1 green + 1 yellow +1tsp]	Greek yogurt + walnuts + berries  [1 red + 1 blue +1 purple]
<b>Snack</b>	Hummus + Celery + 2 hard boiled eggs  [1 green + 1 blue + 1 red]	Apple + peanut butter + edemame  [1 Purple + 1 tsp + 1 yellow]	Hummus + Celery  [1 green + 1 blue]	Cottage cheese + peaches  [1 red + 1 purple]	8 oz Skim latte, no sweetener + 1 apple + PB  [1 yellow + 1 purple + 1 tsp]
<b>Lunch</b>	Shrimp + rice/beans + carrots + grapes  [1 red + 2 yellow + 1 green + 1 tsp + 1 purple]	Turkey Lettuce Wrap + grapes +carrots  [2 green + 1 red + 1 purple]	Salad +Dressing + Chickpeas + sweet potatoes  [2 green + 1 red + 1 orange + 1 yellow +1 tsp]	Shakeology + ½ banana + PB + Spinach + Cinnamon  [1 red + 1 purple + 1 tsp + 1 green]	Shakeology + ½ banana, Edamame +sesame seeds  [1 red + 1 purple, 1 yellow +1 orange]
<b>Snack</b>	Apple + peanut butter  [1 Purple + 1 tsp]	Cottage cheese + peaches + sliced peppers  [1 red + 1 purple + 1 green]	Almonds + pears  [1 purple + 1 blue]	none  H <sup>3</sup>	Bell peppers/ carrots + hummus+ 2 hard boiled eggs  [2 green + 1 blue + 1 red]
<b>Dinner</b>	Salad +Dressing + Grilled Chicken + sweet potatoes  [2 green + 1 red + 1 orange + 1 yellow +1 tsp]	Shakeology (with almond butter + spinach) + toast w/ hummus  [1 red + 1 tsp + 1 green + 1 yellow + 1 blue)	Chicken Fajitas (Chicken, peppers, tortillas)  [2 reds + 1 green + 1 yellow + 2 tsp]	Lentil Tacos (Lentils,, tomatoes, tortillas) + guscamole + small salad + dressing  [1 red + 2 green + 1 tsp + 1 yellow + 1 blue + 1 orange]	Salad +Dressing + Chickpeas + sweet potatoes w/oil  [2 green + 1 red + 1 orange + 1 yellow +1 tsp]

[Based on the 1,500-1,799 calorie range]