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

<table>
<thead>
<tr>
<th>Greens Veggies</th>
<th>Purple Fruits</th>
<th>Reds Proteins</th>
<th>Yellow Carbs</th>
<th>Blue Fats</th>
<th>Orange Seeds/Dressings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale</td>
<td>Raspberry</td>
<td>Sardines</td>
<td>Sweet</td>
<td>Avocado</td>
<td>Raw nuts</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Blueberries</td>
<td>Boneless, chicness</td>
<td>potatoes</td>
<td>Raw nuts</td>
<td>Seeds</td>
</tr>
<tr>
<td>Spinach</td>
<td>Blackberries</td>
<td>chicken &amp; Turkey breast</td>
<td>Yams</td>
<td>Hummus</td>
<td>(pumpkin, sunflower,</td>
</tr>
<tr>
<td>Brussels</td>
<td>Strawberries</td>
<td>Lean ground chicken/turkey (&gt;93%)</td>
<td>Quinoa</td>
<td>Coconut</td>
<td>sesame)</td>
</tr>
<tr>
<td>Sprouts</td>
<td>Watermelon</td>
<td>Fish (salmon, tilapia, cod, tuna)</td>
<td>Beans</td>
<td>milk (Canned)</td>
<td>Ground Flaxseed</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cantaloupe</td>
<td>Game (buffalo, bison, venison, ground game)</td>
<td>Lentils</td>
<td>Chese (Feta,</td>
<td>Salad Dressing</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Orange</td>
<td>Eggs</td>
<td>Edamame</td>
<td>goat, mozzarella, provolone, cheddar, parmesan)</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>Tangerine</td>
<td>Plain greek yogurt</td>
<td>Peas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Apple</td>
<td>Egg whites</td>
<td>Refried beans (nonfat)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>Apricots</td>
<td>Plain greek yogurt</td>
<td>Brown rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>String beans</td>
<td>Grapefruit</td>
<td>Yogurt</td>
<td>Wild rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet bell</td>
<td>Cherries</td>
<td>Shekole</td>
<td>Potato</td>
<td></td>
<td></td>
</tr>
<tr>
<td>peppers</td>
<td>Grapes</td>
<td>Tempeh</td>
<td>Corn on cob</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Kiwi</td>
<td>Tofu</td>
<td>Aramanth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Mango</td>
<td>Pork Tenderloin</td>
<td>Millet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artichokes</td>
<td>Peach</td>
<td>Tuna, canned in water</td>
<td>Buckwheat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td>Nectarine</td>
<td>2% cottage cheese</td>
<td>Oatmeal, steel cut</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td>Pear</td>
<td>Shakeology</td>
<td>Pasta, whole grain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jicama</td>
<td>Pineapple</td>
<td>Tempeh</td>
<td>Couscous, whole wheat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snow peas</td>
<td>Banana</td>
<td>Tofu</td>
<td>bread whole grain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>Papaya</td>
<td>Pork Tenderloin</td>
<td>Grain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Figs</td>
<td>Tuna, canned in water</td>
<td>sprouted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>Honeydew</td>
<td>2% cottage cheese</td>
<td>Corn tortilla</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td>Salsa</td>
<td>Protein powder (whey or vegan)</td>
<td>Whole</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(romaine, greens)</td>
<td>Tomato</td>
<td></td>
<td>wheat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Sauce, plain</td>
<td></td>
<td>tortilla</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radishes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sprouts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Free Foods

- Water
- Tea/Coffee
- Lemon/Lime juice
- Vinegar
- Mustard
- Herbs
- Spices
- Garlic
- Ginger
- Hot sauce
- Flavor extracts
- 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.


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

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

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