

QUICK-START CONTAINER CHART

Use the chart below to sort out how many portions you're going to fill your containers with.

Reference the Eating Plan for more information and detailed food lists.

First you'll need to calculate your calorie target for weight loss, then use that number to find the right plan for you:

	\times 11 =	
WEIGHT (LBS.)	X 11 -	CALORIC BASELINE
	+ 400 =	
CALORIC BASELINE	+ 400 =	MAINTENANCE CALORIES
	- 750 =	
MAINTENANCE CALORIES	- / 30 -	CALORIE TARGET

Then find the Fix Container Plan that corresponds with your calorie target. So if your calorie target is 1,300, you'll use Plan A.

Calorie Target Range	1,200-1,499	1,500-1,799	1,800-2,099	2,100-2,300			
Container Plan	PLAN A	PLAN B	PLAN C	PLAN D			
	Your number of each container per day.						
Veggies	3	4	5	6			
Fruits	2	3	3	4			
Proteins	4	4	5	6			
Carbs	2	3	4	4			
Healthy Fats	1	1	1	1			
Seeds & Dressings	1	1	1	1			
Oils & Nut/Seed Butters	2	4	5	6			

21 DAY FIX GROCERY LIST

(a) VEGGIES	© FRUITS	CARBS	
	CONTAINERS PER DAY	CONTAINERS PER DAY	
		SEEDS & DRESSINGS	
CONTAINERS PER DAY	CONTAINERS PER DAY	CONTAINERS PER DAY	
PROTEINS		(1) TEASPOONS	
TROTEINO		TEACHOONIC DED DAY	
		TEASPOONS PER DAY	
		FREE FOODS vinegars lemon & lime juice mustard	
		herbs & spices garlic hot sauce	
	CONTAINERS PER DAY	ginger flavor extracts coffee & teas	

21 DAY FIX MEAL PLANNER

calorie target:				
Green Purple Red Yellow Blue				
Orange Teaspoons				
Breakfast:				
Snack:				
Lunch:				
Snack:				
Dinner:				