


<p>GREEN</p> <ul style="list-style-type: none"> • Kale, cooked or raw • Watercress, cooked or raw • Collard greens, cooked or raw • Spinach, cooked or raw • Brussels sprouts, chopped or 5 medium • Broccoli, chopped • Asparagus, 10 large spears • Beets, 2 medium • Tomatoes, chopped, cherry, or 2 medium • Tomatillos, chopped or 3 medium • Pumpkin (regular or West Indian), chopped • Squash (summer), sliced • Chayote squash, chopped • Winter squash (all varieties), cubed • String beans • Peppers, sweet, sliced • Poblano chiles, chopped • Banana peppers, 3 medium • Carrots, sliced or 10 medium baby • Cauliflower, chopped • Artichokes, ½ large • Eggplant, ½ medium • Okra • Cactus (nopales), sliced • Jicama, sliced • Snow peas • Cabbage, chopped • Cucumbers • Celery • Lettuce • Mushrooms • Radishes • Onions, chopped • Sprouts 	<p>PURPLE</p> <ul style="list-style-type: none"> • Raspberries • Blueberries • Blackberries • Strawberries • Pomegranate, 1 small • Guava, 2 medium • Starfruit, 2 medium • Passion fruit, 3 fruits • Watermelon, chopped • Cantaloupe, chopped • Orange, sections or 1 medium • Bitter orange, 1 medium • Tangerine, 2 small • Apple, sliced or 1 small • Apricots, 4 small • Grapefruit, sections or ½ large • Cherries • Grapes • Kiwifruit, 2 medium • Mango, sliced • Peach, sliced or 1 large • Nectarine, sliced or 1 large • Pear, sliced or 1 large • Pineapple, diced • Banana, ½ large • Green banana, ½ large • Dwarf red banana, 1½ small • Breadfruit, 1/8 small • Papaya, diced • Figs, 2 small • Honeydew melon, chopped • Mamey, 1/8 small • Tamarind, 12 fruits or ¼ cup pulp • Salsa, pico de gallo • Tomato sauce, plain or marinara 	<p>RED</p> <ul style="list-style-type: none"> • Shakeology® (Chocolate Vegan or Tropical Strawberry Vegan), 1 scoop • Tempeh • Tofu, firm • Protein powder – vegan (hemp, rice, pea), 1½ scoops (approx. 42 g depending on variety) • Veggie burger, vegan, 1 medium patty • Beans (kidney, black, garbanzo, white, lima, etc.), cooked, drained • Lentils, cooked, drained • Edamame, shelled • Peas • Refried beans, vegan, nonfat • Seitan <div style="text-align: center;">  <p>21 day FIX™</p> <p><i>Vegan Food List</i></p> <p>amandajbush.com</p> </div>
<p>YELLOW A</p> <ul style="list-style-type: none"> • Quinoa, cooked • Brown rice, cooked • Wild rice, cooked • Corn on the cob, 1 ear • Amaranth, cooked • Millet, cooked • Buckwheat, cooked • Barley, cooked • Bulgur, cooked • Oatmeal, steel-cut, cooked • Oatmeal, rolled, cooked • Hominy, cooked <p>NOTE: Yellow A foods are preferred. If you skip a Yellow B, be sure to eat a Yellow A to compensate.</p>	<p>YELLOW B</p> <ul style="list-style-type: none"> • Sweet potato • Yams (regular, white, tropical [batata]), diced • Plantains, sliced or ½ medium • Cassava (yuca), 2 oz. • Pasta, whole-grain, cooked • Couscous, whole wheat, cooked • Crackers, whole-grain, 8 small crackers • Cereal, whole-grain, low sugar • Bread, whole-grain, 1 slice • Pita bread, whole wheat, 1 small (4-inch) • Waffles, whole-grain, 1 waffle • Pancakes, whole-grain, 1 small (4-inch) • English muffin, whole-grain, ½ muffin • Bagel, whole-grain, ½ small (3-inch) • Tortilla, whole wheat, 1 small (6-inch) • Tortilla, corn, 2 small (6-inch) • Masa flour or cornmeal, ¼ cup 	<p>YELLOW B (allowed 3x per week)</p> <ul style="list-style-type: none"> • Soy milk, unsweetened, 8 fl. oz. sweetened, 6 fl. oz. • Almond milk, unsweetened, 16 fl. oz. sweetened, 8 fl. oz. • Coconut water, 16 fl. oz. • Coconut milk beverage (from a carton, not canned!), unsweetened, 12 fl. oz. sweetened, 8 fl. oz. • Fresh fruit juices, 8 fl. oz. • Rice milk, original or vanilla, 6 fl. oz. • Wine, 4 fl. oz.
<p>BLUE</p> <ul style="list-style-type: none"> • Avocado, mashed or ¼ medium • Raw nuts: 12 whole almonds, 8 whole cashews, 10 pecan halves, 14 whole peanuts, 20 whole pistachios, or 8 walnut halves • Hummus • Coconut milk, canned 	<p>ORANGE</p> <ul style="list-style-type: none"> • Raw nuts, chopped • Raw seeds (pumpkin, sunflower, sesame) • Flaxseed, ground • Chia seeds, 4 tsp. • Olives, 10 medium • Peanuts • Coconut, unsweetened, shredded 	<p>TABLESPOONS</p> <ul style="list-style-type: none"> • Extra-virgin olive oil • Coconut oil • Flaxseed oil • Walnut oil • Pumpkin seed oil • Nut butters (peanut, almond, cashew, etc.) • Seed butters (pumpkin, sunflower, sesame [tahini])