


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