

VEGETABLES  
**GREEN CONTAINER**



- Kale, cooked or raw
- Watercress, cooked or raw
- Collard greens, cooked or raw
- Spinach, cooked or raw
- Bok choy, cooked or raw
- Brussels sprouts, chopped or 5 medium\*
- + Broccoli, chopped
- + Asparagus, 10 large spears\*
- Beets, 2 medium\*
- Shakeology® Power Greens Boost, 2 scoops (limit once a day)\*†
- Tomatoes, chopped, cherry, or 2 medium\*
- Tomatillos, chopped or 3 medium\*
- Pumpkin (regular or West Indian), cubed
- Squash (summer), sliced
- Chayote squash, chopped
- Winter squash (all varieties), cubed
- Seaweed (wakame and agar)
- + String beans/green 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
- Sauerkraut
- + Cucumbers
- Celery
- Lettuce
- Mushrooms
- Radishes
- Turnips, chopped or 1 medium\*
- Rutabaga, cubed
- Onions, chopped
- Sprouts
- Bamboo shoots
- Salsa (freshly made or pico de gallo)
- Vegetable broth, 2 cups\*
- Pickle, chopped

\*These food items don't fit in the containers, so just use the indicated amount.

+ are specific foods that Autumn eats and x are foods that Autumn avoids while Carb-Cycling.

†You can have Shakeology Power Greens Boost as many times as you want each day, but only two scoops count toward your containers.



FRUITS  
**PURPLE CONTAINER**

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, 1 small\*
- Pomegranate seeds, ½ cup\*
- Guava, 2 medium\*
- Starfruit, 2 medium\*
- Passion fruit, 3 fruits\*
- Watermelon, chopped
- Cantaloupe, chopped
- Orange, divided into sections or 1 medium\*
- Bitter orange, 1 medium\*
- Tangerine, 2 small\*
- Apple, sliced or 1 small\*
- Apricots, 4 small\*
- Grapefruit, divided into sections or ½ large\*
- Cherries
- Grapes
- Kiwifruit, 2 medium\*
- Mango, sliced
- Peach, sliced or 1 large\*
- Plum, 2 small\*
- Pluot, 2 small\*
- Nectarine, sliced or 1 large\*
- Pear, sliced or 1 large\*
- Pineapple, chopped
- Banana, ½ large\*
- Green banana, ½ large\*
- Dwarf red banana, 1½ small\*
- Breadfruit, ⅛ small\*
- Papaya, chopped
- Figs, 2 small\*
- Honeydew melon, chopped
- Pumpkin puree
- Salsa (store-bought)
- Tomato sauce (plain or marinara)
- Applesauce (unsweetened)
- Jackfruit (raw in water), ½ cup\*

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PROTEINS

**RED CONTAINER**



- Sardines (fresh or canned in water), 7 medium\*
- Boneless, skinless chicken or turkey breast, cooked, chopped
- Duck breast, cooked, chopped
- Squab, cooked, chopped
- Goat, cooked chopped
- + Lean ground chicken or turkey (≥ 93% lean), cooked
- Fish, fresh water (catfish, + tilapia, trout), cooked, flaked
- Fish, cold water, wild-caught (+ cod, salmon, halibut, tuna), cooked, flaked
- Game (buffalo, bison, ostrich, venison, rabbit), cooked, chopped
- Game: lean ground (≥ 95% lean), cooked
- Eggs, 2 large\*
- + Egg whites, 8 large\*
- Shakeology, 1 scoop\*
- ✗ Greek yogurt (plain, 2%)
- ✗ Yogurt (plain, 2%)
- Shellfish (shrimp, crab, lobster), cooked
- Clams
- Octopus, cooked, chopped
- Squid, cooked, chopped
- + Red meat (extra-lean), cooked, chopped
- Lean ground red meat (≥ 95% lean), chopped
- Organic tempeh
- Organic tofu (firm)
- Pork tenderloin, chopped, cooked
- Tuna (canned light in water), drained
- Lox (smoked salmon), 4 oz.\*
- Turkey slices (nitrate- and nitrite-free), 6 slices\*
- Ham slices (nitrate- and nitrite-free), 6 slices\*
- Ricotta cheese, light
- ✗ Cottage cheese, 2%
- ✗ Protein powder (whey, hemp, rice, pea), 1½ scoops (approx. 42 g depending on variety)\*
- Veggie burger, 1 medium patty (> 16 g protein and < 15 g carbohydrates per patty)\*
- Turkey bacon (nitrate- and nitrite-free), 4 slices\*
- Beef-based broth, 4 cups = ½ ■\*
- Chicken-based broth, 4 cups = ½ ■\*

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**Note:** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



## CARBOHYDRATES YELLOW CONTAINER

- + Sweet potato, chopped or mashed, or ½ small\*
- + Yams (regular, white, tropical [bata-ta]), chopped or mashed, or ½ small\*
- Plantains, sliced or ½ medium\*
- Quinoa, cooked
- Beans (kidney, black, garbanzo/chickpeas, white, lima, fava, pink, pigeon, etc.), cooked, drained
- Lentils, cooked, drained
- Organic edamame, shelled
- Water chestnuts
- Cassava (yuca), 2 oz.\*
- Peas
- Refried beans (nonfat)
- Rice (brown or wild), cooked
- Potato (russet), chopped or mashed, or ½ small\*
- Potato (red bliss or Yukon gold), mashed or 1 whole\*
- Parsnips, cooked
- Corn on the cob, 1 ear\*
- Amaranth, cooked
- Millet, cooked
- Buckwheat, cooked
- Barley (whole-grain), cooked
- Bulgur, cooked
- + Oatmeal (steel-cut or rolled), cooked
- Muesli/granola, ¼ cup\*
- Hominy, cooked
- Popcorn (air-popped), 3 cups\*
- Pasta (whole-grain), cooked
- Couscous (whole wheat), cooked
- Crackers (whole-grain), 8 small\*
- Cereal (whole-grain, low-sugar)
- Bread (whole-grain), 1 slice\*
- Pita bread (whole-grain), 1 small (4-inch)\*
- Waffles (whole-grain), 1 small (4-inch)\*
- Pancakes (whole-grain), 1 small (4-inch)\*
- English muffin (whole-grain), ½ muffin\*
- Bagel (whole-grain), ½ small (3-inch)\*
- Tortilla (whole-grain), 1 small (6-inch)\*
- Tortilla (corn), 2 small (6-inch)\*
- Rice cakes, 2 whole\*

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HEALTHY FATS

**BLUE CONTAINER**



- + Avocado, mashed or ¼ medium\*
- + 12 almonds, whole, raw\*
- + 8 cashews, whole, raw\*
- + 14 peanuts, whole, dry roasted\*
- + 20 pistachios, whole, raw\*
- + 10 pecan halves, raw\*
- + 8 walnut halves, raw\*
- Hummus
- Coconut milk (canned)
- x Feta cheese, crumbled
- x Goat cheese, crumbled
- x Mozzarella (low-moisture), shredded
- x Cheddar, shredded
- x Provolone, shredded
- x Monterey Jack, shredded
- x Parmesan, shredded
- x Cotija cheese, crumbled
- x Oaxaca cheese, crumbled
- x Queso fresco, crumbled

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SEEDS & DRESSINGS

**ORANGE CONTAINER**

- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Chia seeds
- Hemp seeds
- Pine nuts
- Olives, 10 medium\*
- Coconut (unsweetened), shredded
- Fix-/Fixate-approved salad dressings (see Recipes)

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OILS & NUT BUTTERS  
**TEASPOON**



- Extra-virgin olive oil
- + Extra-virgin coconut oil
- Flaxseed oil
- Walnut oil
- Pumpkin seed oil
- Sesame oil
- Cacao nibs
- Nut butters (peanut, almond, cashew, etc.)
- Seed butters (pumpkin, sunflower, sesame [tahini])
- Butter
- Ghee (clarified butter)
- FIXATE Pesto or similar
- FIXATE Mayonnaise or similar

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Teaspoon not provided. Please use your own.