

VEGETABLES

VEGAN 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 or 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.

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



FRUITS VEGAN 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

VEGAN RED CONTAINER



- Vegan Shakeology, 1 scoop^^*
- Organic tempeh^^
- Organic tofu (firm)^^
- Protein powder (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)*
- Beans (kidney, black, garbanzo/chickpeas, white, lima, fava, pink,

pigeon, etc.), cooked, drained

- Lentils, cooked, drained
- Organic edamame, shelled^^
- Peas
- Refried beans (nonfat)
- Seitan

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^^Complete protein source with all 9 essential amino acids.

CARBOHYDRATES – WHOLE GRAINS

VEGAN YELLOW CONTAINER **A**



This is where you'll find whole grains and excellent sources of healthy carbohydrates. Ideally, it's preferable to get most or all of your yellow portions from **A** Yellow A Container (Carbohydrates).

- Quinoa, cooked
- Rice (brown or wild), 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
- Hominy, cooked
- Popcorn (air-popped), 3 cups*



CARBOHYDRATES – STARCHES

VEGAN YELLOW CONTAINER **B**

This container includes tubers and more processed grains, like pastas and breads.

- Sweet potato, chopped or mashed, or ½ small*
- Yams (regular, white, tropical [batata]), chopped or mashed, or ½ small*
- Plantains, sliced or ½ medium*
- Water chestnuts
- Cassava (yuca), 2 oz.*
- Potato (russet), chopped or mashed, or ½ small*
- Potato (red bliss or Yukon gold), mashed or 1 whole*
- Parsnips, cooked
- Pasta (whole-grain), cooked
- Couscous (whole wheat), cooked
- Muesli/granola, ¼ cup*
- 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

VEGAN 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 (unsweetened)



SEEDS & DRESSINGS

VEGAN 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
- Vegan Fix-/FIXATE-approved salad dressings

OILS & NUT BUTTERS

VEGAN 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])
- Vegan butter spread
- Vegan pesto

*These food items don't fit in the containers, so just use the indicated amount.
Teaspoon not provided. Please use your own.