








21 day FIX

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.

Your Weight	Less than or equal to 168 lbs.	168.5–195 lbs.	195.5–222 lbs.	More than or equal to 222.5 lbs.
Your Calorie Bucket	1,200–1,499	1,500–1,799	1,800–2,099	2,100–2,300
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