

THE
21 Day Fix
CONTAINER GUIDE



● Per Serving ●

Vegetables

1 cup

30 - 50 calories

Carbohydrates

1/2 c.

90 - 130 calories
15 - 30 carbs

Fruits

1 cup

50 - 100 calories

Healthy Fats

1/3 c.

100 - 160 calories
8 - 16 grams of fat

Proteins

3/4 c.

100 - 200 calories
12 - 25 (g) protein

Dressings/Seeds

2 Tbs.

50 - 160 calories
4 - 16 grams of fat



Nut/Seed Butters & Oils

1 teaspoon

32 - 40 calories / 3-5 grams of fat