

# 21 day FIX<sup>®</sup>

## 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.

First you'll need to calculate your calorie target for weight loss, then use that number to find the right plan for you:

$$\begin{array}{r} \text{WEIGHT (LBS.)} \times 11 = \text{CALORIC BASELINE} \\ \text{CALORIC BASELINE} + 400 = \text{MAINTENANCE CALORIES} \\ \text{MAINTENANCE CALORIES} - 750 = \text{CALORIE TARGET} \end{array}$$

Then find the Fix Container Plan that corresponds with your calorie target. So if your calorie target is 1,300, you'll use Plan A.

Calorie Target Range	1,200–1,499	1,500–1,799	1,800–2,099	2,100–2,300
Container Plan	PLAN A	PLAN B	PLAN C	PLAN D
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