

80DO Food List: UK

GREEN

- Cavalo Nero(Kale), **cooked or raw**
- Watercress, **cooked or raw**
- Chard, **cooked or raw**
- Collard greens, **cooked or raw**
- Spinach, **cooked or raw**
- Pak Choi, **cooked or raw**
- Brussels sprouts, **chopped or 5 medium**
- Broccoli, **chopped**
- Asparagus, **10 large spears**
- Cima Nera (Broccoli Rabe)
- Beetroot, **2 medium**
- Tomatoes, **chopped, cherry, or 2 medium**
- Pumpkin, **cubed**
- Courgette (all varieties of summer squash), **sliced**
- Winter squash (Butternut, Acorn, Gold Queen, Delicata, and other varieties), **cubed**
- Seaweed (Wakame and Agar)
- Green/string beans
- Runner beans, **cooked or raw**
- Helda beans
- Bell Peppers (sweet), **sliced**
- Mild Green chillies, **chopped**
- Jalepeno Chillies, **chopped**
- Carrots, **sliced or 10 medium baby**
- Cauliflower, **chopped**
- Artichokes, **1/2 large**
- Aubergine, **1/2 medium**
- Okra
- Mange Tout (snow peas)
- Pea pods (sugar snap)
- Cabbage (all varieties), **chopped**
- Cucumbers
- Celery
- Fennel
- Lettuce
- Mushrooms
- Radishes
- Turnips, **chopped or 1 medium**
- Kohlrabi
- Onions, **chopped**
- Leek
- Alfalfa
- Bean Sprouts
- Bamboo shoots
- Baby corn
- Salsa (freshly made or Pico de Gallo)
- Vegetable broth, **473 mL**
- Romano peppers, **3 medium**

PURPLE

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, **1 small**
- Guava, **2 medium**
- Starfruit, **2 medium**
- Passion fruit, **3 fruits**
- Watermelon, **chopped**
- Cantaloupe Melon, **chopped**
- Galia Melon, **chopped**
- Matice Melon, **chopped**
- Honeydew Melon, **chopped**
- Piel de sapo melon, **chopped**
- Orange, **divided into sections or 1 medium**
- Satsuma, **2 medium**
- Clementine, **2 medium**
- Tangerine, **2 small**
- Apple, **sliced or 1 small**
- Apricots, **4 small**
- Grapefruit, **divided into sections or 1/2 large**
- Cherries
- Grapes
- Kiwifruit, **2 medium**
- Mango, **sliced**
- Peach, **sliced or 1 large**
- Plum, **2 small**
- Nectarine, **sliced or 1 large**
- Pear, **sliced or 1 large**
- Pineapple, **chopped**
- Banana, **½ large**
- Breadfruit, **1/8th small**
- Papaya, **chopped**
- Figs, **2 small**
- Honeydew melon, **chopped**
- Pumpkin puree
- Salsa (store-bought)
- Tomato sauce (plain or marinara)
- Applesauce (unsweetened)

RED

- Sardines (fresh or canned in water), **7 medium**
- Boneless, skinless chicken or turkey breast, **cooked, chopped**
- Duck breast, **cooked, chopped**
- Pigeon, **cooked, chopped**
- Pheasant, **cooked, chopped**
- Guinea Fowl, **cooked, chopped**
- Goat, **cooked, chopped**
- Lean ground chicken or turkey ($\geq 93\%$ lean), **cooked**
- Fish, fresh water (tilapia, trout), **cooked, flaked**
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna, Mahi-Mahi), **cooked, flaked**
- Game (buffalo, bison, ostrich, venison, rabbit), **cooked**
- Game: lean ground ($\geq 95\%$ 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 (canned, drained)
- Octopus, **cooked, chopped**
- Squid, **cooked, chopped**
- Red meat (extra-lean), **cooked, chopped**
- Lean ground red meat ($\geq 95\%$ lean), **cooked**
- Organic tempeh
- Organic tofu (firm)
- Pork tenderloin, **cooked, chopped**
- Tuna (canned light in water, drained)
- Turkey slices, nitrite-free (minimally processed), **6 slices**
- Ham slices, nitrite-free (minimally processed), **6 slices**
- Cottage cheese (2%)
- Protein powder (whey, hemp, rice, pea), **11/2 scoops** (approx. 42 g depending on variety)
- Veggie burger, **1 medium patty**
- Turkey bacon, nitrite-free (uncured), **4 slices**
- Chicken or turkey sausage, lean, nitrite-free (uncured), **1 link, 1 patty, or ground**

YELLOW

- Sweet potato, **chopped or mashed, or 1/2 small**
- Yams (regular, white, tropical [batata]), **chopped or mashed, or 1/2 small**
- Plantains, **sliced or 1/2 medium**
- Quinoa, **cooked**
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon, etc.), **cooked, drained**
- Lentils, **cooked, drained**
- Organic edamame, **shelled**
- Cassava (yuca), **approx. 56 grams**
- Garden peas (Green peas)
- Refried beans (nonfat)
- Rice (brown or wild), **cooked**
- Potato (King Edward or Russet), **chopped or mashed, or 1/2 small**
- Potato (Red or Maris Piper), **mashed or 1 whole**
- Mooli (rutabaga)
- Corn on the cob, **1 ear**
- Amaranth, **cooked**
- Millet, **cooked**
- Buckwheat, **cooked**
- Barley, **cooked**
- Bulgur, **cooked**
- Oatmeal (steel-cut or rolled), **cooked**
- Hominy, **cooked**
- Pasta (whole-grain), **cooked**
- Couscous (whole wheat), **cooked**
- Bread (whole-grain, sprouted), **1 slice**
- Tortilla (corn), **2 small (15 cm)**
- Tortilla (whole-grain), **1 small (15 cm)**

BLUE

- 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)
- Feta cheese, **crumbled**
- Goat cheese, **crumbled**
- Mozzarella (low-moisture), **shredded**
- Cheddar, **shredded**
- Leicester cheese, **shredded**
- Gouda, **shredded**
- Parmesan, **shredded**
- Wensleydale cheese, **crumbled**
- Swiss cheese, **crumbled**
- Mexican style queso fresco, **crumbled**

ORANGE

- Pumpkin seeds, **raw**
- Sunflower seeds, **raw**
- Sesame seeds, **raw**
- Flaxseed, **ground**
- Chia seeds
- Hemp seeds
- Pine nuts
- Olives, **10 medium**
- Coconut (unsweetened), **shredded**
- Oil-based salad dressings



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
- Pesto – Fixate® or similar
- Mayonnaise – Fixate® or similar

Supplemental Yellow Refeed Foods

- White rice, **cooked**
- White pasta, **cooked**
- Couscous, **cooked**
- Cornflakes, **1 cup**
- Rice Krispies, **1 cup**
- Mini-pretzels, **14 pieces**
- Jacobs Cream Crackers, **3 crackers**
- Carrs Water Biscuits, **6 crackers**
- Rakusens Matzo, **5 small crackers**
- White bread, **1 slice**
- French baguette, **1 slice** (approx. 5 cm)
- Hamburger bun, **1/2 bun**
- Hotdog bun, **1/2 bun**
- Bagel (New York style, white flour), **1/2 small** (approx. 7-8 cm)
- English muffin (white flour), **1/2 muffin**
- Pitta (white flour), **1 small** (approx. 10 cm) **or 1/2 large** (approx. 15 cm)
- Tortilla (white flour), **1 small** (approx. 15 cm) **or 1/2 large** (approx. 20 cm)
- Waffles (white flour), **1 small** (approx. 10 cm)
- Pancakes (white flour), **1 small** (approx. 10 cm)
- Vanilla wafers, **4 pieces**

FIXATE DESSERT RECIPES

Here are some great dessert recipes from FIXATE for Refeed Days found on Beachbody On Demand.

- Almond Milk Panna Cotta
- Banana Oatmeal Cookies
- Baked Donut Holes
- Chocolate-Caramel Apple Nachos
- Double Chocolate Cookies
- Flourless Chocolate Chickpea Brownies
- Gluten-Free Chocolate Chip Cookies
- Melon Sorbet
- No-Bake Mini Blueberry Pies
- Pan-Fried Cinnamon Bananas
- Peanut Butter Chocolate Balls
- Pumpkin Whoopie Pies

Note:

- These dessert recipes aren't marked as 80 Day Obsession-friendly because they are only approved for Refeed Days.
- These Fixate dessert recipes have varying container counts, so make sure they work with your individual plan.

FREE FOODS

- Fresh lemon and lime juice
- Vinegars
- Mustard
- Herbs such as parsley, cilantro (fresh and dry)
- Spices and Fix-approved seasoning mixes
- Garlic
- Ginger
- Green onion
- Chili varieties (jalapeño, Scotch bonnet, habanero, finger chilli, Thai chillies, etc.)
- Hot sauce (Tabasco or Mexican only)
- Pure flavour extracts (vanilla, peppermint, almond, etc.)
- Yeast extract (Marmite/Vegemite) (limit 2x/day)

Check out 21 Day Fix, 21 Day Fix EXTREME, Fixate, and more for seasoning mix recipes.

WATER

Want to add a little zing to your water? No problem! Just mix in a little flavor booster.

ANY OF THESE WORK:

- Sparkling water (no calories)
- Lemon or lime wedges, 2 small wedges
- Blueberries, 6 berries
- Raspberries, 4 berries
- Oranges, 1 big wedge
- Strawberries, 2, sliced
- Kiwi, ¼ fruit, sliced
- Mango, 2 Tbsp., chopped
- Pineapple, 2 Tbsp., chopped
- Cucumber, 4 slices
- Frozen grapes, 4 grapes
- Watermelon or honeydew melon cubes, 4 small cubes
- Splash of pure fruit juice: cranberry, orange, grapefruit
- Mint, basil, or rosemary leaves
- Grated ginger
- Ground cinnamon

COFFEE & TEA

Coffee and tea are fine, in moderation. We recommend no more than three to four 237 milliliter servings a day. Ideally, you'll drink your coffee black and your tea plain. But if you need to add something, try these:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1 serving per day)
- 1–2 Tbsp. low-fat milk (cow's, soy, almond, etc.)

SHAKEOLOGY® BASES

Once a day you can substitute one of the liquids below for the corresponding container (Hint: they're all great ways to add even more flavor to Shakeology, Your Daily Dose of Dense Nutrition®.)

For example, if you like to make your Shakeology with unsweetened almond milk, add 237 milliliters and tick off one teaspoon from your portion plan.

Low-fat milk, 1-2% (237 mL)		1 Yellow, ½ tsp.
Unsweetened Almond milk (237 mL)	1 tsp.	
Unsweetened Organic Soy milk (237 mL)		1/2 Red
Unsweetened Coconut milk beverage (237 mL)	1 tsp.	
Unsweetened Rice milk (237 mL)		1 Yellow
Unsweetened Coconut water (237 mL)	½ Yellow	
Unsweetened Oat Milk (237 mL)		1 ½ Yellow
Unsweetened Cashew Milk (237 mL)	1 ½ tsp.	
Unsweetened Hazelnut Milk (237 mL)	1 tsp.	