

### 1: Flourless Chickpea Brownies Fixate - 21 Day Fix Cookbook | Anna Kojac

*Autumn Calabrese's FIXATE Cookbook Easy-to-follow recipes for 21 Day Fix, 21 Day Fix EXTREME and Portion Fix Enjoy the foods you love and still lose weight with the Fixate cookbook, Autumn Calabrese's very own collection of delicious, portion-controlled recipes designed to work with the 21 Day Fix containers.*

Do you want to eat according to your fitness goals but dread hours prepping meals or chopping veggies? Do you just want a delicious dinner on the table without a scavenger hunt for special ingredients? Yay for a healthy happy hour! And, as someone who eats gluten-free, I was thrilled to hear that there is an entire section of gluten-free desserts! The cookbook will provide you with everything you need in the kitchen to nourish your body well, so you have the energy to rock your workouts. Who needs this cookbook? Totally my readers â€” super busy people who want to be healthy without diet or fitness becoming a part-time job. I can cook, I just choose to spend my time doing activities I find more appealing, like playing guitar or playing on Facebook. Autumn shares her personal tips for preparing meals quickly and easily. There are lots of 21 Day Fix recipes floating around and the Team Beachbody Blog is a great source , but the cookbook was created in response to a demand for more recipes. I love the idea of planning my weekly meals from a cookbook that is specially designed to go with the portion-control program I follow. And portion control is critical. Sounds good to me. I think we covered the whole spectrum with recipes in the book. Each of the recipes has the color-coded portion control containers listed. This makes it super simple to stick to your Fix plan. Following the recipes will automatically track your portions so you are eating the right amount for your body. No icky, fat-free concoctions; no weird diet foods or ingredients. Everyone can benefit from nourishing their body with wholesome, real food. FIXATE will include the food lists, but refer to the Eating Plans that came with your program to calculate the number of containers to eat each day. Wanna get cooking now??

### 2: Fixate 21 Day Fix Cookbook Recipes That Are Fix Approved

*FIXATE is a brand new cookbook designed to work with the 21 Day Fix and 21 Day Fix Extreme eating plans. There are recipes (many of Autumn's family favorites) and each recipe lists color-coded container equivalents and nutrition facts.*

WhatsApp 17K Shares One of the things I like most about the 21 Day Fix program is that it is not only a workout plan but also combines a genius nutrition plan too. Why do you need a genius nutrition plan? When you feel motivated you can be disciplined and put in a lot of effort, but you also need some pleasures like snacks or treats, say ice cream or French fries, once in a while so you can take a small break from your journey to success. As you may know, Beach Body "one of the most popular home workout programs" has created a color coded container system for making organizing your diet easier. In other words, you have a set of containers with different sizes and colors. The sizes tell you how much you can eat, and the colors tell you the type of food. While this may sound confusing, it is in fact very easy and straightforward once you understand this genius concept. For Vegetables 1 Purple Container: For Fruits 1 Red Container: For Proteins 1 Yellow Container: For Carbohydrates 1 Blue Container: Seeds and dressings 1 Shakeology Cup: For Mixing Drinks In total you have 7 containers in 6 different colors and sizes. Each container must be filled with the respective type of food. The 21 Day Fix program uses seven containers in six different sizes and colors to make eating healthily and losing weight simple and easy. Each container must be filled with the respective type of food; the number of containers you use depending on your daily calorie needs. Where I can get the 21 Day Fix Containers? The 21 Day Fix Containers kit can be bought separately on Amazon. There are several different container options available but I recommend you to get the official Beachbody containers, because they are the only ones that have the exact measurements as defined by the eating plan. These containers have the official size and measures as defined on the 21 Day Fix eating plan. This set does not include the eating plan or any sort of instructions. Once you have your containers, the next step is to calculate your daily caloric intake, which is the target calories mentioned before, so you know how many containers you should use per day. Before we continue, use the above formula to calculate your target. The 21 Day Fix defines 4 different target calories ranges that will determine your daily diet. You know how many containers of each type of food you can eat per day and you just need to fill them and eat. Think about what you like most to eat when you wake up, for a morning snack, at lunch time, for an afternoon snack and for dinner. Prepare 2 or 3 snacks a day between the main meals. Drinking water is always good; it helps to keep you hydrated and is a good way to reduce your appetite between meals or snacks. You can also drink coffee and tea but in my personal experience, I found tea works best. Try both to see which one works better for you or which one you like most. If you feel hungry between meals, Autumn Calabrese, recommends you to consume an extra green container vegetables. There are a lot of options, and from my experience, I recommend you to pick the ones you like best so you can prepare tasty meals. Tasty meals play an important role in keeping you motivated and giving you the energy to start each new day with a positive attitude. Seasonal veggies and fruits are cheaper and local products are usually healthier. Each color represents a type of food:

### 3: Fixate Corrections: 21 Day Fix Cookbook Updates & Revisions - Free PDF Download - Weigh to Mainta

*Her 21 Day Fix cookbook also includes Paleo, gluten-free, vegan, and vegetarian recipes. Let's take a look at 5 of the recipes that have LEAKED! (AND, at the end of this blog, I have a surprise for you, that MIGHT just include 21 MORE recipes!).*

Since the Fixate 21 Day Fix Cookbook was released it has been one of my favorite resources for healthy recipes. It includes healthy recipes. Each of the recipes is broken down by colors so you know exactly how many containers each of these recipes uses. This makes it even simpler to plan out your meals and make sure you are sticking to the 21 Day Fix program. Even if you are not a Fixer this cookbook has really healthy recipes that you can use in your daily life. There is such a thing as too much of a good thing especially when it comes to food and dieting. These containers give you a tangible, easy way to eat only the amount you are supposed to in a day. If you are not yet following the 21 Day Fix meal plan and want to give it a try then here is a link to the Fixate 21 Day Fix Cookbook with the color coded containers: [This Whole 30 book is a game changer for so many reasons but the recipes alone are worth their weight in gold!! I am addicted to some of the recipes in this book chili, homemade sauce, brussel sprouts](#) to name a few. I consistently make them week after week. The recipes are made with whole foods and are based on an elimination diet of sorts. All of the recipes are gluten free, dairy free, grain free, oat free, and bean free. The first half of the Whole 30 book tells you the WHY behind the elimination process. The rest of the book is broken down into various sections of recipes. I have not made a bad recipe yet from this book. It is a serious staple in my house!! One of my favorite recipes is the Chili Recipe. I typically substitute turkey for beef and make this weekly for a quick healthy meal during the week. Such a great resource. Seriously, this chili recipe is the best! Plus the Brussels and Sweet Potatoes are amazing. I highly recommend the Whole 30 book as a resource for your kitchen. Anna Kojac Anna Kojac, M.

### 4: 21 Day Fix: Fixate Cookbook - [www.enganchecubano.com](http://www.enganchecubano.com)

*Since the Fixate 21 Day Fix Cookbook was released it has been one of my favorite resources for healthy recipes. It includes healthy recipes. If you are following the 21 Day Fix program and are looking for new recipes to follow then THIS IS THE cookbook FOR YOU.*

Testimonials When it comes to choosing a cook book there are many things to consider. You have to consider your dietary needs, the degree of difficulty in the recipes, number of ingredients required to make most meals, preparation time and most importantly, how healthy or unhealthy the meals, desserts, appetizers and snacks you will prepare using it may be. Rarely will you come across one that addresses all of those topics in a concise, easy to use cook book, and especially in one that also doubles as a way to learn clean eating habits. That all changed when Fixate was released. The cook book was the only piece of the puzzle that the popular 21 Day Fix and 21 Day Fix Extreme fitness and nutritional programs were missing. Since its release, sales have continued to soar and production of the popular cookbook has been ramped up! The book is filled with recipes for breakfast, lunch, dinner, dessert and even cocktails, all tailored to the vastly popular portion control nutrition program designed by Autumn Calabrese herself. The recipes consist of healthy, delicious, portion controlled meals and snacks that are easy to prepare. They are also all kid friendly since Autumn is a mom of a young boy herself. Those with specific dietary needs that may need to eat gluten free, low glycemic, vegan or paleo foods will have many options with Fixate as well. Why is Fixate Different from Other Cookbooks? Fixate was specifically designed with a clean eating focus in mind. Each of the recipes has nutritional facts and lists the famous color-coded container equivalents too. Who Would Love Fixate? Fixate is ideal for the busy, working moms, dads and singles alike that want to eat well without spending hours in the kitchen. If you fit the following description, Fixate is ideal for you: In the book, Autumn Calabrese helps you organize your kitchen and your pantry so you can repurpose food and not letting anything go to waste. She helps plan for leftovers and turn them into new lunches and quick snacks. Fixate recipes are all aligned to the 21 Day Fix program and its famous portion control containers. After using them for a few weeks, you get a really good idea about what a proper portion looks like so it makes it simple to eat just the right amount of food. The Fixate recipes all tell you the container equivalent so you are not left guessing how many containers each serving of the meal you just ate accounted for. One of the questions asked by people seeking a new diet regimen is whether the nutritional program they are looking into accommodates special dietary needs such as those of people that are diabetic, vegetarian, vegan, gluten intolerant, paleo and the like. When Autumn Calabrese created Fixate along with Beachbody, she kept this in mind and specifically created recipes that were vegetarian, paleo, gluten free and adhered to other special diet needs. The best part is that these recipes can be enjoyed by anyone, not just those requiring those types of meals. There is even an entire section of gluten free desserts! Autumn Calabrese has a young six year old son and she made sure to include him when creating this book. The recipes in the book would not be in there if her son would not eat them too. They may have vegetables and lots of goodness but they are also delicious recipes that most that have tried them think of them as nothing short of phenomenal. Yes, the Fixate cookbook can be used with any and all Beachbody programs. The nutritional facts are listed for each and they all consist of lean protein, fresh fruits and vegetables, healthy fats and none of the fat free, preservative filled concoctions of most fad diets today. Every single person, regardless of dietary needs, fitness level, or program of choice can nourish their body appropriately with Fixate and benefit from it in a variety of ways. Team Beachbody also offers the option of purchasing the cookbook with a set of the 21 Day Fix portion control containers. With Beachbody, when it comes to getting help and basically free coaching , you are in luck. They have an enormous team of over hundreds of thousands of coaches all over the United States and Canada that are looking forward to helping you reach your health and fitness goals with any program you choose to use to accomplish that. Coaches help you free of charge and can help you navigate through the Fixate cookbook, learn how to use the 21 Day Fix containers and even add you to exclusive monthly challenge groups and boot camps that many of them hold each month. If you would like to sign up for free, no purchase required coaching help, simply go to the Team

Beachbody website, register for a free membership to get one assigned to you. Your coach will reach out to you within a few days or you can reach out to him or her as well. It has never been easier to begin a fitness and nutrition program and get every tool you need to succeed with it. If you have yet to purchase the 21 Day Fix program, you are missing out on one of the most well rounded fitness and nutrition programs released to date. The 21 Day Fix fitness program by Autumn Calabrese has had amazing success since its release in February. It was so popular that a more challenging sequel was released soon after and is now a favorite of all Team Beachbody programs. The workouts in both are simple to follow, yet challenging enough to help burn fat, tone and build lean muscle in only 30 minutes per day. The short, yet effective workouts and easy to follow, family friendly meal plan are the perfect combo for beginners. The nutrition guide walks you through using each of the portion controlled containers and teaches you how to eat a balanced diet without having to cut out your favorite foods. Up until a few weeks ago, a cook book with recipes aligned to the 21 Day Fix program was the only thing missing from the 21 Day Fix. Now the program is complete and you can get it on the Team Beachbody website as well! Testimonials The fixate cookbook is so easy to use and perfect for busy moms! Everything is so easy to make, very healthy and tastes great! I love the wide variety of recipes that it has, and so does my family. I highly recommend this cookbook to anyone who wants to try creative and healthy recipes. It seemed like I waited months for this cookbook to come out and I was SO relieved when it finally did. As a busy, full time working mom of four kids, cooking is not always easy to do, especially during busy weekdays with tons of activities. Fixate changed that because I can whip up an easy, healthy recipe in less than thirty minutes and the kids actually eat it. Then the next day, I can repurpose that recipe into a delicious lunch or a different dinner. It is compact and easy to use too, not to mention the pretty low price compared to other cookbooks. AND it comes with containers if you want another set!

### 5: FIXATE 21 Day Fix Cookbook: Recipes to Spice Up Your Meal Plan - Weigh to Maintain

*21 Day Fix Desserts 21 Day Fix SNACKS 21 Day Fix Diet 21 day fix meal plan 21 day fix breakfast Breakfast Recipes BeachBody - 21 Day Fix Banana Bread & Muffins Healthy Food Forward In my house we have 2 types of bananas, completely ripe or completely unripe there is rarely and in between.*

This book contains recipes for any meal of the day, including snacks and desserts. These recipes range from Vegan to Vegetarian, and even Paleo and Gluten-Free to ensure a wide array of people will enjoy these recipes. You will also find nutritional information and portion sizes to help anyone using the 21 day fix or other diet altering program use this book to eat healthy. All the recipes include ingredients, directions, container information per serving and nutritional information. My review is published here. Designed to support your fitness and weight loss goals, 21 Day Fix-approved recipes are also perfect for sharing with family and friends. You are not alone in feeling reluctant to start eating as soon as you wake up. In an effort to get into better shape quickly, a lot of people mistakenly think it best to skip a meal or two. However, this bad idea could actually have serious consequences on not only your overall healthy but also on your ability to lose weight or improve your physique. So it only makes sense that you should be eating healthy foods as often as you can. In fact, hardly anybody does these days. That is why having healthy snacks whenever you need them is so important. If you choose the best options you possibly can instead of reaching for the most convenient snack available, you will see a great return in the end. And while there are seemingly unlimited options out there for those that want to whip up a bit of dinner according to this lifestyle shift and a whole bunch of breakfast recipes as well , lunchtime can be a little bit more difficult to figure out. Created by beautiful fitness guru, Autumn Calabrese, the 21 Day Fix works fast to burn fat and build sexy, lean muscle. Desert recipes, all, 21 day fix approved here. In fact is a very good meal replacer, that provides you the right amount of proteins, vitamins and sugar. It can get very expensive to complete your 21 day fix eating plan using this shakes. There are a lot of protein powders available on the market, that can ensure you exactly what you need to replace breakfast, lunch or dinner. Find the complete post here. So far, it has been downloaded over 25, times. Such an amazing response deserves an equally amazing Thank You. Now available in iBooks format, it looks beautiful on your iPhone, iPad, and Mac. Now with Dessert recipes included 3 recipes. Includes Shakeology Alternatives and 6 Meal Shakes recipes. Totally redesigned, including a better layout, easy-to-follow instructions, and perfect organization. All recipes include Day Fix Containers information. Also available as a PDF. Easy recipes with all the ingredients and directions information, to make it easier for you to follow. Each recipes contains containers information so you can plan your meals and snacks for the whole day.

### 6: FIXATE- 21 Day Fix Based Cookbook

*The cookbook includes recipes to use with the 21 Day Fix Portion-Control Program, but the recipes also work as a healthy cookbook as well. The FIXATE Cookbook Review The simple recipes are broken specifically developed for the 21 Day Fix, and 21 Day Fix EXTREME.*

### 7: Fixate Cookbook Review | Autumn Calabrese | 21 Day Fix - AllWorkoutRoutines

*FIXATE: The Day-Fix cookbook! Get ready, because this summer, Beachbody is debuting Autumn Calabrese's 21 Day Fix-based cookbook, FIXATE! This all-new cookbook takes Autumn's simple color-coded portion control system from the 21 Day Fix and 21 Day Fix Extreme Â®, and applies it to some of her most favorite family recipes.*

### 8: 21 Day Fix Eating Plan Explained | Days To Fitness

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### 9: 21 Day Fix Approved Recipes | Days To Fitness

*Enjoy the foods you love and still lose weight with the Fixate cookbook, Autumn Calabrese's very own collection of delicious, portion-controlled recipes designed to work with the 21 Day Fix Â® containers.*

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