

Red

(Protein)

- 1 egg
- 5 egg whites
- 1/2 cup egg beaters/liquid egg whites
- 1 scoop NIM Protein Powder
- 2 slices Canadian bacon
- 2 slices lean bacon
- 2 laughing cow cheeses
- 1 babybell cheese
- 1 string cheese
- 1 oz cheese
- 6 oz nonfat greek yogurt
- 3 oz 2% greek yogurt
- 1 tbsp natural peanut butter
- 1 tbsp other nut butter
- 15 almonds/cashews
- 4 oz chicken breast
- 2 oz chicken thigh
- 4 oz turkey breast
- 4 oz turkey burger
- 4 oz lean hamburger
- 1 chicken/turkey sausage link
- 4 oz salmon
- 1 salmon burger
- 5 oz mahi mahi
- 5 oz lobster
- 4 oz tuna filet
- 1 can tuna
- 4 oz scallops
- 4 oz sirloin
- 4 oz filet mignon
- 4 oz pork

- 4 slices deli chicken/turkey
- 2 slices roast beef
- 10 mussels
- 20 small shrimp
- 10 large/jumbo shrimp
- 10 clams
- 1 veggie burger
- 1/2 cup tofu
- 1/2 cup tempeh
- 4 tsp hummus
- 1 cup edamame in pods
- 1/2 cup edamame, shelled
- 1/2 protein bar
- 1 yellow food

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Yellow

(fats)

- 1/4 avocado
- 1 oz cheese
- 3/4 cup 2% milk
- 1 cup skim milk
- 3 tbsp full fat coconut milk
- 2 cups unsweetened almond milk
- 2 cups unsweetened cashew milk
- 1 cup soy milk
- 1 cup rice milk
- 4 tbsp guacamole
- 3 tbsp parmesan cheese
- 1 tbsp cream cheese
- 2 tbsp reduced fat cream cheese
- 1 cheese stick
- 1/2 cup cottage cheese
- 6oz nonfat yogurt
- 1/4 cup pumpkin seeds
- 2 tbsp trail mix
- 12 small olives
- 1 tbsp flax seeds
- 2 tsp olive oil
- 2 tsp ghee/ grass fed butter
- 1 tbsp salad dressing
- 1 tbsp peanut butter/ nut butter
- 1 red food

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Purple (unlimited)

- Cucumber
- asparagus
- celery
- broccoli
- green beans
- cauliflower
- mushrooms
- eggplant
- artichoke
- shirataki noodles
- lettuce
- zucchini
- spinach
- tomatoes
- broccoli rabe
- onion
- peppers
- kale
- brussels sprouts
- cabbage
- salsa
- mustard
- hot sauce

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Blue

(Carbohydrates)

- 3/4 cup oatmeal (cooked)
- 3/4 cup cereal
- 1/4 cup granola
- 1 slice bread
- 1 slice Ezekiel bread
- 2 slices reduced calorie bread
- 1 sandwich thin
- 1 bagel thin
- 1 English muffin
- 1 mini pita
- 1 small wrap
- 1 small potato
- 1 small sweet potato
- 1/2 cup pasta (cooked)
- 1/2 cup bean pasta (cooked)
- 1/2 cup brown rice pasta (cooked)
- 3 cups spaghetti squash
- 1 cup pumpkin
- 1/2 cup barley
- 3/4 cup corn
- 1 cup peas
- 1/2 cup quinoa
- 1/2 cup brown rice
- 1/2 cup beans
- 1/2 cup chickpeas
- 1/2 cup lentils
- 6 magic pop disks
- 3 unflavored rice cakes
- 2 flavored rice cakes
- 1 matzo
- 1 viatmuffin
- 1 waffle
- 2 taco shells
- 2 wasa crackers
- 2 "green" foods
- 1 red or 1 yellow food

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Green

(fruit)

- 1 scoop Nutrish Mix
- 1 apple
- 1 small banana
- 1 cup watermelon
- 2 tbsp apple butter
- 2 tangerines
- 1 cup strawberries
- 1 cup pineapple
- 1 cup freeze dried fruit
- *Not to be confused with dried fruit
- 20 grapes
- 15 cherries
- 1 cup cantaloupe
- 1 cup honeydew
- 1/2 pomegranate
- 1 plum
- 1 cup raspberries
- 1 cup blackberries
- 1 cup blueberries
- 1 cup cranberries
- 1/2 grapefruit
- 1 orange
- 1 guava
- 1 papaya
- 1/2 mango
- 1 kiwi
- 1 cup beets
- 15 baby carrots
- 1 pear
- 1 apricot
- 1 nectarine

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