

# 21 DAY FIX

*container counts*

*vegetables*  
1 C

*fruits*  
1 C

*protein*  
3/4 C

*carbs*  
1/2 C

*healthy fats*  
1/3 C

*seeds &  
dressings*  
2 T

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# 21 Day Fix Container Sizes Portion Control Plan

**Michael Seilmaier**



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