

BeachBody Color	Category of food	servings per day	Size of container
Green	Veggies	3	1 cup
Purple	Fruit	2	1 Cup
Red	Protein	4	2/3 Cup
Yellow	Carbs	2	1/2 Cup
Blue	Healthy Fats, Cheese	1	1/4 Cup
Orange	Seeds, Dressing	1	2 TableSpoons
Oil	Oils, Nut Butters	2	2 TeaSpoons