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EATING PLAN CORRESPOND WITH THE FOOD CONTAINER OF THE SAME COLOR. 2 3. HOW THE FIX IS DONE The key to success with the 21 Day Fix is to think inside the box. (Specifically, inside the 7 color-coded containers ... Here are five zings! you can use to liven up your Fix Eating Plan. Zing = seasonings, beverages, and treats to .

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