

# Ultimate Portion Fix | 21 Day Fix

## Instant Pot Meal Plan {Bracket A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Mason Jar Egg Casseroles</a> $\frac{3}{4}$ ♥ 1♥ $\frac{1}{2}$ ♥	<a href="#">Healthy Banana Oatmeal Blender Muffins</a> 1♥ 1♥	<a href="#">Mason Jar Egg Casseroles</a> $\frac{3}{4}$ ♥ 1♥ $\frac{1}{2}$ ♥	<a href="#">Healthy Banana Oatmeal Blender Muffins</a> 1♥ 1♥	<a href="#">Mason Jar Egg Casseroles</a> $\frac{3}{4}$ ♥ 1♥ $\frac{1}{2}$ ♥
<b>Snack</b>	Apple w/ 2 tsp nut butter 1♥ 2🥄 Carrots w/ hummus $\frac{3}{4}$ ♥ $\frac{1}{2}$ ♥	Hard Boiled Eggs 1♥ Raw cucumbers and peppers $1\frac{1}{2}$ ♥ Hummus or Mashed Avocado 1♥	Apple w/ nut butter 1♥ 1🥄 Carrots w/ hummus $\frac{3}{4}$ ♥ $\frac{1}{2}$ ♥	Hard Boiled Eggs 1♥ Raw cucumbers and peppers $1\frac{1}{4}$ ♥ Hummus or Mashed Avocado $\frac{1}{2}$ ♥	Apple w/ nut butter 1♥ 2🥄 Carrots & peppers $1\frac{1}{4}$ ♥
<b>Lunch</b>	<a href="#">21 Day Fix Italian Wedding Soup</a> $\frac{1}{2}$ ♥ 1♥ 1♥ Raw cucumbers 1♥	Leftover <a href="#">Instant Pot Asian Pork Tenderloin</a> W/ Broccoli $1\frac{1}{2}$ ♥ 1♥ $\frac{1}{2}$ 🥄	<a href="#">21 Day Fix Italian Wedding Soup</a> $\frac{1}{2}$ ♥ 1♥ 1♥ Raw cucumbers 1♥	Leftover <a href="#">21 Day Fix Instant Pot Maple BBQ Chicken</a> w/ Green Beans <a href="#">Freezer Friendly Instant Pot Brown Rice</a> $1\frac{1}{2}$ ♥ 1♥ $\frac{1}{2}$ ♥ 1🥄	<a href="#">21 Day Fix Italian Wedding Soup</a> $\frac{1}{2}$ ♥ 1♥ 1♥ Raw cucumbers 1♥
<b>Snack</b>	Shakeology w/ 8 oz water & berries <b>OR</b> Greek Yogurt w/ berries 1♥ 1♥	Shakeology w/ 8 oz unsweetened almond milk, $\frac{1}{2}$ tsp nut butter & berries <b>OR</b> Greek Yogurt w/ berries & $1\frac{1}{2}$ tsp nut butter or cacao nibs 1♥ 1♥ $1\frac{1}{2}$ 🥄	Shakeology w/ 8 oz unsweetened almond milk & berries <b>OR</b> Greek Yogurt w/ berries & 1 tsp nut butter or cacao nibs 1♥ 1♥ 1🥄	Shakeology w/ 8 oz unsweetened almond milk, $\frac{1}{2}$ tsp nut butter & berries <b>OR</b> Greek Yogurt w/ berries & $1\frac{1}{2}$ tsp nut butter or cacao nibs 1♥ 1♥ $1\frac{1}{2}$ 🥄	Shakeology w/ 8 oz unsweetened almond milk & berries <b>OR</b> Greek Yogurt w/ berries & 1 tsp nut butter or cacao nibs 1♥ 1♥ 1🥄
<b>Dinner</b>	<a href="#">Instant Pot Asian Pork Tenderloin</a> W/ Broccoli <a href="#">Freezer Friendly Instant Pot Brown Rice</a> 1♥ 1♥ 1♥ $\frac{1}{2}$ 🥄	<a href="#">Instant Pot Beef Pot Roast</a> 1♥ 1♥ 1♥ 1🥄	<a href="#">21 Day Fix Instant Pot Maple BBQ Chicken</a> w/ Green Beans <a href="#">Freezer Friendly Instant Pot Brown Rice</a> 1♥ 1♥ 1♥ 1🥄	<a href="#">Healthy Instant Pot Lasagna Soup</a> $1\frac{1}{4}$ ♥ 1♥ $\frac{1}{2}$ ♥ $\frac{1}{2}$ ♥ $\frac{1}{2}$ 🥄	<a href="#">Healthy Instant Pot Air Fryer Chicken Taquitos</a> (with $\frac{1}{4}$ ♥ extra chicken on the side) $\frac{1}{2}$ ♥ 1♥ 1♥ $\frac{1}{2}$ ♥
<b>Snack</b>	Pumpkin seeds or Sunflower Seeds 1♥ Decaf Hot Tea	Pumpkin seeds or Sunflower Seeds 1♥ Decaf Hot Tea	Pumpkin seeds or Sunflower Seeds 1♥ Decaf Hot Tea	Pumpkin seeds or Sunflower Seeds 1♥ Decaf Hot Tea	Pumpkin seeds or Sunflower Seeds 1♥ Decaf Hot Tea