

Ultimate Portion Fix | 21 Day Fix

Instant Pot Meal Plan {Bracket B - 1500 to 1799 calories}

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