

Ultimate Portion Fix | 21 Day Fix

Instant Pot Meal Plan {Bracket D - 2100 to 2299 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	Sheet Pan Breakfast (w/ added egg-see recipe) 1♥ 1♥ 1♥ 1♥ Grapes 1♥	Sheet Pan Breakfast (w/ added egg-see recipe) 1♥ 1♥ 1♥ 1♥ Grapes 1♥	Sheet Pan Breakfast (w/ added egg-see recipe) 1♥ 1♥ 1♥ 1♥ Grapes 1♥	Sheet Pan Breakfast (w/ added egg-see recipe) 1♥ 1♥ 1♥ 1♥ Grapes 1♥	Sheet Pan Breakfast (w/ added egg-see recipe) 1♥ 1♥ 1♥ 1♥ Grapes 1♥
Lunch	21 Day Fix Italian Wedding Soup $\frac{1}{2}$ ♥ 1♥ 1♥ Raw cucumbers 1♥ Apple w/ nut butter 1♥ 2♥	Leftover Instant Pot Asian Pork Tenderloin Broccoli- 1 tsp sesame oil Freezer Friendly Instant Pot Brown Rice $1\frac{1}{2}$ ♥ 1♥ 1♥ $1\frac{1}{2}$ ♥ Berries 1♥	21 Day Fix Italian Wedding Soup $\frac{1}{2}$ ♥ 1♥ 1♥ Raw cucumbers 1♥ Apple 1♥	Leftover 21 Day Fix Instant Pot Maple BBQ Chicken Gr. Beans w/ 1 tsp olive oil $1\frac{1}{2}$ ♥ 1♥ 2♥ Berries 1♥	21 Day Fix Italian Wedding Soup $\frac{1}{2}$ ♥ 1♥ 1♥ Raw cucumbers 1♥
Snack	Shakeology w/ 8 oz unsweetened almond milk & berries OR Greek Yogurt w/ berries 1♥ 1♥	Shakeology w/ 8 oz unsweetened almond milk, $\frac{1}{2}$ tsp nut butter & berries OR 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 OR 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 OR 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, 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 (2 svgs) Broccoli w/ 1 tsp sesame oil (2 svgs) Freezer Friendly Instant Pot Brown Rice 2♥ 2♥ 1♥ 3♥	Instant Pot Beef Pot Roast (2 svgs beef and carrots) 2♥ 2♥ 1♥ 2♥	21 Day Fix Instant Pot Maple BBQ Chicken (2 svgs) Gr. Beans w/ 1 tsp olive oil (2 svgs) Freezer Friendly Instant Pot Brown Rice 2♥ 2♥ 1♥ 4♥	Healthy Instant Pot Lasagna Soup (2 svgs) $2\frac{1}{2}$ ♥ 2♥ 1♥ 1♥ 1♥ Side of sauteed spinach w/ $\frac{1}{2}$ tsp olive oil 1♥ $\frac{1}{2}$ ♥	Healthy Instant Pot Air Fryer Chicken Taquitos (with $1\frac{1}{4}$ ♥ extra chicken on the side) $\frac{1}{2}$ ♥ 2♥ 1♥ $\frac{1}{2}$ ♥ Carrots & peppers $1\frac{1}{4}$ ♥
Snack	Pumpkin seeds or Sunflower Seeds 1♥ Carrots w/ hummus $\frac{3}{4}$ ♥ $\frac{1}{2}$ ♥	Pumpkin seeds or Sunflower Seeds 1♥ Raw cucumbers and peppers $1\frac{1}{2}$ ♥ Hummus or Mashed Avocado 1♥	Pumpkin seeds or Sunflower Seeds 1♥ Carrots w/ hummus $\frac{3}{4}$ ♥ $\frac{1}{2}$ ♥	Pumpkin seeds or Sunflower Seeds 1♥ Treat Swap 1♥	Pumpkin seeds or Sunflower Seeds 1♥ Raw peppers 1♥ Apple w/ nut butter 1♥ 2♥