

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 9 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) 4 slices Turkey Bacon ½P 1Y 1R	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) 4 slices Turkey Bacon ½P 1Y 1R	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) 2 Hard boiled eggs ½P 1Y 1R	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) 2 Hard boiled eggs ½P 1Y 1R	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) 2 Hard boiled eggs ½P 1Y 1R
<b>Snack</b>	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R
<b>Lunch</b>	1 1/2 c. Bagged Kale Salad 1/4 c. Matchstick Carrots, 1/4 c. Cucumbers, 3/4 c. Chicken, 1/2 c. Mango or Mandarin oranges tossed with <a href="#">Honey Ginger Vinaigrette</a> 2G 1R ½P 1O	1 1/2 c. Bagged Kale Salad 1/4 c. Matchstick Carrots, 1/4 c. Cucumbers, 3/4 c. Chicken, 2 1/2 Tbsp Peanuts or Almonds tossed with <a href="#">Honey Ginger Vinaigrette</a> 2G 1R ½B 1O	1 1/2 c. Bagged Kale Salad 1/4 c. Matchstick Carrots, 1/4 c. Cucumbers, 3/4 c. Chicken, 2 1/2 Tbsp Peanuts or Almonds tossed with <a href="#">Honey Ginger Vinaigrette</a> 2G 1R ½B 1O	1 1/2 c. Bagged Kale Salad 1/4 c. Matchstick Carrots, 1/4 c. Cucumbers, 3/4 c. Chicken, 1/2 c. Mango or Mandarin oranges tossed with <a href="#">Honey Ginger Vinaigrette</a> 2G 1R ½P 1O	Leftover <a href="#">Baked Eggplant Parmesan</a> w/ 3/4 c. Ricotta or baked chicken 2G 1R 1B
<b>Snack</b>	Whole Grain Crackers Apple 1Y 1P	1 Hard boiled egg Apple ½R 1P	Whole grain crackers w/ mashed avocado or cheese Apple 1Y ½B 1P	1 c. Sliced Cucumber w/ sea salt 1G	Apple w/ 2 tsp nut butter 1P 2
<b>Dinner</b>	<a href="#">Baked Eggplant Parmesan</a> w/ 3/4 c. Ricotta or baked chicken 2G 1R 1B	<a href="#">Chicken Tortilla Soup</a> w/ avocado or cheese 1½ c. Side Salad 1 tsp avocado oil +lemon 2G ½R 1Y ½B 1	<a href="#">Beef and Broccoli</a> 1 c. cauliflower rice w/ 1 tsp avocado oil 2G 1R 1½	<a href="#">Air Fryer Chicken Thighs</a> w/ Steamed Broccoli and <a href="#">Instant Pot Scalloped Potatoes Au Gratin</a> 1G 1R 1Y 1B ¾	<a href="#">Honey Glazed Salmon</a> 2 c. Side Salad w/ <a href="#">Honey Ginger Vinaigrette</a> 2G 1R 1O 1
<b>Snack</b>	<a href="#">Healthy Brownies</a> w/ 1 1/2 tsp nut butter 3	<a href="#">Healthy Brownies</a> w/ 1 1/2 tsp nut butter ½ c. berries ½P 2	<a href="#">Healthy Brownies</a> ½ c. berries ½P 1½	1 c. Berries w/ 2 tsp nut butter 1P 2	Treat Swap ½ c. Berries 1Y ½P