

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 9 | {Plan D - 2100 to 2299 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy Banana Bread (w/ no mix ins) 4 slices Turkey Bacon ½P 1Y 1R	Healthy Banana Bread (w/ no mix ins) 4 slices Turkey Bacon ½P 1Y 1R	Healthy Banana Bread (w/ no mix ins) 2 Hard boiled eggs ½P 1Y 1R	Healthy Banana Bread (w/ no mix ins) 2 Hard boiled eggs ½P 1Y 1R	Healthy Banana Bread (w/ no mix ins) 2 Hard boiled eggs ½P 1Y 1R
Snack	Shakeology w/ fruit & greens OR Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G	Shakeology w/ fruit & greens OR Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G	Shakeology w/ fruit & greens OR Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G	Shakeology w/ fruit & greens OR Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G	Shakeology w/ fruit & greens OR Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G
Lunch	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 Honey Ginger Vinaigrette 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 Honey Ginger Vinaigrette ½ large Banana 2G 1R ½B 1O 1P	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 Honey Ginger Vinaigrette ½ large Banana 2G 1R ½B 1O 1P	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 Honey Ginger Vinaigrette ½ large Banana w/ 3 ¼ tsp nut butter 2G 1R 1½P 1O 3¼	Leftover Baked Eggplant Parmesan w/ 3/4 c. Ricotta or baked chicken 1 c. side salad w/ 1 tsp avocado oil + lemon juice ½ large Banana 3G 1R 1B 1P 1
Snack	Whole Grain Crackers Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1Y 1P 1R	Whole Grain Crackers 1 Hard boiled egg Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1Y 1½R 1P	Whole grain crackers w/ mashed avocado or cheese Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1Y ½B 1P 1R	Whole Grain Crackers 1 c. Sliced Cucumber w/ sea salt 6 slices nitrate free ham or turkey or 2 HB eggs 1G 1Y 1R	Apple w/ 3 tsp nut butter 6 slices nitrate free ham or turkey or 2 HB eggs Air popped popcorn w/ 1 tsp melted butter 1P 4 1R 1Y
Dinner	Baked Eggplant Parmesan 3/4 c. Ricotta or chicken Pasta w/ 1 tsp avocado oil 1 c. side salad w/ 1 tsp avo oil + lemon juice 3G 1R 1B 1Y 2	Chicken Tortilla Soup w/ avocado or cheese 2½ c. Side Salad 2 tsp avocado oil +lemon 3G ½R 1Y ½B 2	Beef and Broccoli Brown Rice 2 c. cauliflower rice w/ 2 tsp avocado oil 3G 1R 1Y 2½	Air Fryer Chicken Thighs 2 c. Steamed Broccoli w/ 2 tsp oil or butter Instant Pot Scalloped Potatoes Au Gratin 2G 1R 1Y 1B 2¾	Honey Glazed Salmon Brown Rice 2 c. Side Salad w/ Honey Ginger Vinaigrette 2G 1R 1Y 1O 1
Snack	Healthy Brownies w/ 1 1/2 tsp nut butter Air popped popcorn w/ 1 tsp melted butter Whipped Ricotta Strawberries 4 1Y 1R 1P	Healthy Brownies w/ 1 1/2 tsp nut butter Air popped popcorn w/ 1 tsp melted butter Whipped Ricotta Strawberries (*only 1/2 c. strawberries, full amount ricotta) ½P 1R 4 1Y	Healthy Brownies w/ 1 tsp nut butter Air popped popcorn w/ 1 tsp melted butter Whipped Ricotta Strawberries (*only 1/2 c. strawberries, full amount ricotta) ½P 1R 3½ 1Y	Treat Swap Whipped Ricotta Strawberries 1P 1R 1Y	Treat Swap Whipped Ricotta Strawberries (*only 1/2 c. strawberries, full amount ricotta) 1Y 1R ½P