

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 9 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy Banana Bread (w/ no mix ins) Sheet Pan Breakfast ½P 2Y 1R 1G 1	Healthy Banana Bread (w/ no mix ins) Sheet Pan Breakfast ½P 2Y 1R 1G 1	Healthy Banana Bread (w/ no mix ins) Sheet Pan Breakfast ½P 2Y 1R 1G 1	Healthy Banana Bread (w/ no mix ins) Sheet Pan Breakfast ½P 2Y 1R 1G 1	Healthy Banana Bread (w/ no mix ins) Sheet Pan Breakfast ½P 2Y 1R 1G 1
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 ½ large Banana 2G 1R 1½P 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 w/ 1 ½ tsp nut butter 2G 1R ½B 1O 1P 1½	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 2¼	Leftover Baked Eggplant Parmesan w/ 3/4 c. Ricotta or baked chicken 1 c. side salad w/ 1 tsp avocado oil + lemon juice 1 large Banana 3G 1R 1B 2P 1
Snack	Whole Grain Crackers Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1Y 1P 1R	1 c. sliced cucumber 2 Hard boiled eggs Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1G 2R 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 1½ c. Sliced Cucumber Apple w/ 2 tsp nut butter 6 slices nitrate free ham or turkey or 2 HB eggs 1½G 1Y 1R 1P 2	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 ¾c. Ricotta + ¾c. chicken Pasta w/ 1 tsp avocado oil 2 c. side salad w/ 2 tsp avo oil + lemon juice 4G 2R 1B 1Y 3	Chicken Tortilla Soup (2 servings) w/ avocado or cheese 2½ c. Side Salad 2 tsp avocado oil +lemon 3G 1R 2Y ½B 2	Beef and Broccoli (2 servings) Brown Rice 2 c. cauliflower rice w/ 2 tsp avocado oil 4G 2R 1Y 3	Air Fryer Chicken Thighs (2 servings) 2½ c. Steamed Broccoli w/ 2 tsp oil or butter Instant Pot Scalloped Potatoes Au Gratin 2½G 2R 1Y 1B 2¾	Honey Glazed Salmon (2 servings) Brown Rice 3 c. Side Salad w/ Honey Ginger Vinaigrette 3G 2R 1Y 1O 2
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 tsp nut butter Air popped popcorn w/ 1 tsp melted butter Whipped Ricotta Strawberries (*1½ c. strawberries, full amount ricotta) 1½P 1R 3½ 1Y	Healthy Brownies w/ 1½ tsp nut butter Air popped popcorn w/ 1 tsp melted butter Whipped Ricotta Strawberries (*1½ c. strawberries, full amount ricotta) 1½P 1R 4 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