

|           | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|-----------|--|--|---|---|--|
| Breakfast | Plain Greek Yogurt or Low Fat Cottage Cheese w/ 1 tsp Nut Butter   | Plain Greek Yogurt or Low Fat Cottage Cheese w/ 1 c. berries and 2T shredded coconut or chia seeds | Plain Greek Yogurt or Low Fat Cottage Cheese w/ 1 c. berries                            | Plain Greek Yogurt or Low Fat Cottage Cheese w/ 1 tsp Nut Butter                        | Plain Greek Yogurt or Low Fat Cottage Cheese w/ 1/2 c. berries                           |
| Snack     | <a href="#">21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</a>   | <a href="#">21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</a>                     | 1 Hardboiled Egg  | <a href="#">21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</a>          | <a href="#">21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</a>           |
| Lunch     | <a href="#">Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (21 Day Fix)</a>  | Leftover Sweet Potato and Black Bean Chili   | <a href="#">Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (21 Day Fix)</a> | <a href="#">Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (21 Day Fix)</a> | <a href="#">Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (21 Day Fix)</a>  |
| Snack     | 1 Hardboiled Egg & Decaf Hot Tea   | Decaf Hot Tea  | Edamame or Air Popped Popcorn & Decaf Hot Tea   | 1 Hardboiled Egg, Edamame or Air popped popcorn & Decaf Hot Tea                         | Decaf Hot Tea  |
| Dinner    | <a href="#">21 Day Fix Sweet Potato and Black Bean Chili (Stovetop/Instant Pot)</a>  | <a href="#">21 Day Fix Spaghetti Squash Lasagna</a>  | <a href="#">Baked Lemon Garlic Chicken {21 Day Fix}</a>                                 | <a href="#">21 Day Fix Sausage, Bean, and Kale Skillet</a>                              | <a href="#">21 Day Fix Butternut Squash Soup {Instant Pot/Crock Pot/Stove Top}</a>       |
|           |  |  | <a href="#">Instant Pot Loaded Cauliflower Mash (21 Day Fix   2B Mindset)</a>           |   | <a href="#">21 Day Fix Buffalo Chicken Pizza (use half amount of chicken and cheese)</a> |
| Snack     | <a href="#">Sweet Ricotta Cream Stuffed Strawberries {21 Day Fix}</a>  | <a href="#">21 Day Fix Pumpkin Spice Whipped Ricotta (half recipe) &amp; 1/2 apple</a>             | Treat Swap!   | <a href="#">Sweet Ricotta Cream Stuffed Strawberries {21 Day Fix}</a>                   | <a href="#">21 Day Fix Pumpkin Spice Whipped Ricotta</a>                                 |
|           | <b>Notes:</b> 1. Use double amount of fruit in the Oatmeal Jars; 2. Tuesday has 1/2 GREEN container leftover; 3. Tuesday snack #3- half recipe; 4. Friday dinner- use half the amount of chicken and cheese in the Buffalo chicken pizza |  |   |   |  |