

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Mocha Latte Shakeology {Cafe Latte Shakeology, 1 tsp cocoa powder, almond milk or water, ice}	Chocolate Covered Cherry Coconut Shakeology {Chocolate Shakeology, 1 c. frozen cherries, 2 T unsweetened shredded coconut, almond milk or water, ice}	Apple Pie Shakeology {Vanilla Shakeology, 1 apple, 1/2 tsp cinnamon, almond milk or water, ice}	Peanut Butter Cup Shakeology {Chocolate Shakeology, 2 tsp nut butter, almond milk or water, ice}	Very Vanilla Cherry Shakeology {Vanilla Shakeology, 1/2 c. frozen cherries, almond milk or water, ice}
Snack	<u>21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</u>	<u>21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</u>	1 Hardboiled Egg	<u>21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</u>	<u>21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</u>
Lunch	<u>Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (21 Day Fix)</u>	Leftover Sweet Potato and Black Bean Chili	<u>Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (21 Day Fix)</u>	<u>Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (21 Day Fix)</u>	<u>Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (21 Day Fix)</u>
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	<u>21 Day Fix Sweet Potato and Black Bean Chili (Stovetop/Instant Pot)</u>	<u>21 Day Fix Spaghetti Squash Lasagna</u>	<u>Baked Lemon Garlic Chicken {21 Day Fix}</u> <u>Instant Pot Loaded Cauliflower Mash (21 Day Fix 2B Mindset)</u>	<u>21 Day Fix Sausage, Bean, and Kale Skillet</u>	<u>21 Day Fix Butternut Squash Soup {Instant Pot/Crock Pot/Stove Top}</u> <u>21 Day Fix Buffalo Chicken Pizza (use half amount of chicken and cheese)</u>
Snack	<u>Sweet Ricotta Cream Stuffed Strawberries {21 Day Fix}</u>	<u>21 Day Fix Pumpkin Spice Whipped Ricotta (half recipe) & 1/2 apple</u>	Treat Swap!	<u>Sweet Ricotta Cream Stuffed Strawberries {21 Day Fix}</u>	<u>21 Day Fix Pumpkin Spice Whipped Ricotta</u>
Notes: 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					