

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Plain Greek Yogurt or Low Fat Cottage Cheese w/ 1 c. berries & 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 c. berries & 1 tsp Nut Butter	Plain Greek Yogurt or Low Fat Cottage Cheese w/ 1/2 c. berries
Snack	21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)	21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)	Cookie Hummus Dip w/ Apple slices & 1 Hardboiled Egg	21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)	21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)
	Bacon & Veggie Sheet Pan Breakfast	Bacon & Veggie Sheet Pan Breakfast		Bacon & Veggie Sheet Pan Breakfast	Bacon & Veggie Sheet Pan Breakfast
Lunch	Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (no pecans)	Leftover Sweet Potato and Black Bean Chili & Apple w/ 3 tsp PB	Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette	Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (no pecans)	Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette
Snack	1/2 c. strawberries, 1 c. raw peppers, 1 Hardboiled Egg & Decaf Hot Tea	1.5 c. raw carrots & cucumbers, 1/2 c. Edamame or 3 c. Air popped popcorn & Decaf Hot Tea	Leftover Sweet Potato and Black Bean Chili, no toppings & 1 c. raw cucumbers	1 c. raw peppers, 1 Hardboiled Egg, 1 c. strawberries & Decaf Hot Tea	1 c. raw carrots, 1/2 c. Edamame or 3 c. Air popped popcorn, 1 hardboiled egg & Decaf Hot Tea
Dinner	21 Day Fix Sweet Potato and Black Bean Chili (2 servings)	21 Day Fix Spaghetti Squash Lasagna & 1 c. roasted carrots	Baked Lemon Garlic Chicken {2 servings}	21 Day Fix Sausage, Bean, and Kale Skillet (2 servings)	21 Day Fix Butternut Squash Soup & 1 c. strawberries & 1 c. roasted carrots
			Instant Pot Loaded Cauliflower Mash (21 Day Fix 2B Mindset) & 1 c. steamed or roasted carrots		21 Day Fix Buffalo Chicken Pizza (use half amount of cheese)
Snack	Sweet Ricotta Cream Stuffed Strawberries {2 servings} & 3 c. air popped popcorn	21 Day Fix Pumpkin Spice Whipped Ricotta (1.5 recipe) & 1.5 apple	Treat Swap! 1 c. strawberries & 3 c. air popped popcorn	Sweet Ricotta Cream Stuffed Strawberries {21 Day Fix} & 3 c. air popped popcorn	21 Day Fix Pumpkin Spice Whipped Ricotta & apple slices
Notes: 1. Use double amount of fruit in the Oatmeal Jars; 2. No pecans in salads on Monday or Thursday; 3. Monday dinner is 2 servings; 4. Monday snack #3 is 2 servings); 5. Tuesday snack #3- 1.5 recipe; 6. As you make your Cookie Hummus dip, be sure to set aside 1 cup chickpeas for Thursday's dinner; 7. Wednesday dinner- 2 servings of chicken; 8. Thursday dinner- 2 servings; 9. Friday dinner- use half the amount of cheese in the Buffalo chicken pizza					