

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 1 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Shakeology w/ almond milk <b>OR</b> Greek yogurt w/ 1 tsp nut butter 1R 1	Shakeology w/ almond milk & chia seeds <b>OR</b> Greek yogurt w/ 1 tsp nut butter & chia seeds 1R 1 ½O	Shakeology w/ water <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology w/ almond milk <b>OR</b> Greek yogurt w/ 1 tsp nut butter 1R 1	Shakeology w/ almond milk <b>OR</b> Greek yogurt w/ 1 tsp nut butter 1R 1
<b>Snack</b>	<a href="#">Baked Oatmeal*</a> 1Y ½P	<a href="#">Baked Oatmeal*</a> 1Y ½P	<a href="#">Baked Oatmeal*</a> 1Y ½P	<a href="#">Baked Oatmeal*</a> 1Y ½P	<a href="#">Baked Oatmeal*</a> 1Y ½P
<b>Lunch</b>	<a href="#">Bacon Apple Kale Mason Jar Salad</a> 2G 1P 1R ½B 1O	Leftover <a href="#">Sweet Potato and Black Bean Chili</a> 1G 1R 1Y ½B ½ Apple w/ 1½ tsp nut butter and chia seeds 1P 1½ ½O	<a href="#">Maple Pear Pecan Mason Jar Salad</a> 2G 1P 1R ½B 1O	<a href="#">Bacon Apple Kale Mason Jar Salad</a> 2G 1P 1R ½B 1O	<a href="#">Maple Pear Pecan Mason Jar Salad</a> (no pecans) 2G 1P 1R 1O
<b>Snack</b>	1 Hard Boiled Egg 5 baby carrots & ½ c. raw celery w/ 1½ tsp nut butter 1G 1½ ½R	Raw peppers & cucumbers 1½G	<a href="#">Whipped Ricotta Stuffed Strawberries</a> (Half recipe) ½P ½R Raw peppers & cucumbers 1G	1 Hard Boiled Egg 5 baby carrots & ½ c. raw celery w/ 2 tsp nut butter 1G 2 ½R	1 Hard Boiled Egg 10 baby carrots & ½ c. raw celery w/ 1½ tsp nut butter 1½G 1½ ½R
<b>Dinner</b>	<a href="#">Sweet Potato and Black Bean Chili</a> 1G 1R 1Y ½B ½	<a href="#">Spaghetti Squash Lasagna</a> 1 ½G 1½R ½B	<a href="#">Baked Lemon Garlic Chicken with Loaded Cauliflower Mash</a> 1G 1½R ½B 3	<a href="#">Sausage, Bean, and Kale Skillet</a> 1G 1R 1Y ½B	<a href="#">Spinach and Artichoke Pizza</a> topped with grilled chicken ½G 1R 1Y 1B ½
<b>Snack</b>	<a href="#">Whipped Ricotta Stuffed Strawberries</a> (Half recipe) ½P ½R	<a href="#">Whipped Ricotta Stuffed Strawberries</a> (Half recipe) ½P ½R	Treat Swap or Wine 1Y	<a href="#">Whipped Ricotta Stuffed Strawberries</a> (Half recipe) ½P ½R	<a href="#">Whipped Ricotta Stuffed Strawberries</a> (Half recipe) ½P ½R

\*Note: For Baked oatmeal, use twice the amount of fruit, then double the whole recipe and make in an 8x8 pan (can freeze leftovers).