

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 1 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Shakeology w/ almond milk & fruit OR Greek yogurt w/ 1 tsp nut butter & fruit 1R 1P 1 Sweet Potato w/ 2 tsp nut butter 1Y 2 (both)	Shakeology w/ fruit, almond milk & chia seeds OR Greek yogurt w/ fruit, 1 tsp nut butter & chia seeds 1R 1P 1 ½O Sweet Potato w/ 2 tsp nut butter 1Y 2 (both)	Shakeology w/ almond milk & fruit OR Greek yogurt w/ 1 tsp nut butter & fruit 1R 1P 1 Sweet Potato w/ 2 tsp nut butter 1Y 2 (both)	Shakeology w/ almond milk & fruit OR Greek yogurt w/ 1 tsp nut butter & fruit 1R 1P 1 Sweet Potato w/ 2 tsp nut butter 1Y 2 (both)	Shakeology w/ almond milk & fruit OR Greek yogurt w/ 1 tsp nut butter & fruit 1R 1P 1 Sweet Potato w/ 2 tsp nut butter 1Y 2 (both)
Snack	Baked Oatmeal* 1Y ½P Sheet Pan Breakfast (add egg) 1G 1R 1Y 1	Baked Oatmeal* 1Y ½P Sheet Pan Breakfast (add egg) 1G 1R 1Y 1	Baked Oatmeal* 1Y ½P Sheet Pan Breakfast (add egg) 1G 1R 1Y 1	Baked Oatmeal* 1Y ½P Sheet Pan Breakfast (add egg) 1G 1R 1Y 1	Baked Oatmeal* 1Y ½P Sheet Pan Breakfast (add egg) 1G 1R 1Y 1
Lunch	Bacon Apple Kale Mason Jar Salad (w/ 1 c. extra greens) 3G 1P 1R ½B 1O ½ Banana 1P	Leftover Sweet Potato and Black Bean Chili 1G 1R 1Y ½B ½ Apple w/ 2½ tsp nut butter & chia seeds 1P 2½ ½O ½ Banana 1P 10 Baby Carrots 1G	Maple Pear Pecan Mason Jar Salad (w/ 1 c. extra greens) 3G 1P 1R ½B 1O ½ Banana 1P	Bacon Apple Kale Mason Jar Salad (w/ 1 c. extra greens) 3G 1P 1R ½B 1O ½ Banana 1P	Maple Pear Pecan Mason Jar Salad (w/ 1 c. extra greens & no pecans) 3G 1P 1R 1O ½ Banana 1P
Snack	3 Hard Boiled Eggs 1½R 10 baby carrots & ½ c. raw celery w/ 2½ tsp nut butter 1½ G 1½ Edamame or air popped popcorn 1Y	2 c. Raw peppers & cucumbers 2G Edamame or air popped popcorn 1Y 2 Hard Boiled Eggs 1R	Whipped Ricotta Stuffed Strawberries (1.5 recipe) 1½P 1½R 1½ c. Raw peppers & cucumbers 1½ G 2 Hard Boiled Eggs 1R	3 Hard Boiled Eggs 1½R 10 baby carrots & ½ c. raw celery w/ 3 tsp nut butter 1½G 3 Edamame or air popped popcorn 1Y	3 Hard Boiled Eggs 1½R 10 baby carrots & 1 c. raw celery w/ 2½ tsp nut butter 2G 2½ Edamame or air popped popcorn 1Y
Dinner	Sweet Potato and Black Bean Chili 1G 1R 1Y ½B ½ 1½ c. Green Beans or broccoli w/ 1 tsp oil 1½G 1	Spaghetti Squash Lasagna 1 ½G 1½R ½B 1½ c. Green Beans or broccoli w/ 1 tsp oil 1½G 1	Baked Lemon Garlic Chicken with Loaded Cauliflower Mash 1G 1½R ½B 3 1½ c. Green Beans or broccoli w/ 1 tsp oil 1½G 1	Sausage, Bean, and Kale Skillet 1G 1R 1Y ½B 1½ c. Green Beans or broccoli w/ 1 tsp oil 1½G 1	Spinach and Artichoke Pizza topped with grilled chicken ½G 1R 1Y 1B ½ 1½ c. Green Beans or broccoli w/ 1 tsp oil 1½G 1
Snack	Whipped Ricotta Stuffed Strawberries (1.5 recipe) 1½P 1½R	Whipped Ricotta Stuffed Strawberries (1.5 recipe) 1½P 1½R	Treat Swap or Wine 1Y Edamame or air popped popcorn 1Y	Whipped Ricotta Stuffed Strawberries (1.5 recipe) 1½P 1½R	Whipped Ricotta Stuffed Strawberries (1.5 recipe) 1½P 1½R

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