



# 21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 1 | Prep Checklist

## Sunday:

- Prep [Baked Oatmeal](#) (Don't forget to double the fruit, then 1½ or double the recipe!)
- Boil eggs for the week (Use the Instant Pot tutorial in [this post](#))
- [Plans E & F only] Prepare [Sweet Potatoes](#) using your favorite method, let cool and store in fridge.
- Wash and prep veggies and fruit for snacks and lunches
- Prep [Mason Jar Salads](#)
  - Grill or bake chicken for salads. You can cook chicken for Friday's pizza & store in the fridge.
  - Cook 8 slices of turkey bacon in oven, microwave, or airfryer. Let cool. You can also prep 8 more slices of turkey bacon for Wednesday's Cauliflower Mash and store in the fridge.
  - Make maple vinaigrette dressing
  - Layer salad in the following order:: Apple Bacon- Dressing, 1/3 cup matchstick carrots, 4 slices of turkey bacon, chopped, 1 cup of chopped apple, 1 2/3 cups of greens, 2 T pecans; Chicken Pear- Dressing, 1/3 cup matchstick carrots, 2/3 cup diced chicken, 1 pear, sliced or chopped, 1 2/3 cups of greens, 2 T pecans.
- [Plans C, D, E & F only] prep and bake [Sheet Pan Breakfast](#) (1½ or double batch) and portion
- [Plans D, E, & F only] Prep green beans or broccoli. Roasting at 400 degrees for 15-20 minutes on a sheet pan drizzled with olive or avocado oil is a delicious way to prep a bunch all at once!
- Prep [Ricotta Stuffed Strawberries](#) by mixing whipped ricotta ingredients (5 days worth) and chopping or hollowing strawberries. Store these separately in the refrigerator. Each day give the ricotta a good stir and fill your red container!
- Prep [Salt Free Taco Seasoning](#) for Sweet Potato Chili
- Make Monday's dinner- use the prepped taco seasoning to make [Sweet Potato Black Bean Chili](#)
- Still have some motivation left? Prep Tuesday's dinner too, but wait to bake it!
  - [Spaghetti Squash Lasagna](#) - cook your squash (learn how [here](#)), sausage, and sauce
  - Layer lasagna according to recipe. Then cool and store in the fridge for Tuesday!

## Monday:

- Just reheat your [Sweet Potato Black Bean Chili](#). These flavors get better by the day- you'll be glad you made it ahead!
- After dinner, portion and pack lunch for Tuesday.

## Tuesday:

- Just bake your dinner, YUM!
- Prep your lemon garlic marinade for tomorrow and let the chicken soak up all that delicious flavor!

## Wednesday:

- Bake the [lemon garlic chicken](#) in the oven
- Make your [Loaded Cauliflower Mash](#) in the Instant Pot. No instant pot? A simple [mashed cauliflower](#) works too!
- Don't forget to prep your optional treat swap tonight- you earned it!

## Thursday:

- Make the [Sausage, Bean, and Kale Skillet](#) - such a quick and yummy dinner!

## Friday:

- Your chicken is already cooked in the fridge, just assemble and heat your pizza!
- While dinner is in the oven, take some time to assess what things you have still leftover from the week and how they can fit into your weekend. Make a plan and write it down! You've got this!