



Confessions
of a **Fit Foodie**
eat clean. get fit. be happy.

Ultimate Portion Fix | 21 Day Fix Instant Pot Meal Plan Prep Checklist

Sunday:

- Assemble Mason Jar Egg Casseroles
- Prep and bake Oatmeal Blender Muffins
- Prep and bake Mini Meatballs
- Prep Italian Wedding Soup and portion out for lunches; freeze any leftovers
- Prepare and portion sheet pan breakfast- decide how you will prepare your extra egg (only brackets C & D)
- Prep veggies and fruit for snacks if you work out of the home or just like to grab and go!
- Before you go to bed prep your “overnight” oats in the IP (Only Brackets B, C, & D)

Monday:

- Prep Freezer Brown Rice for dinner; freeze leftover rice according to directions in the post.
- Portion leftover Asian Pork Tenderloin for lunch
- Make hard boiled eggs for snacks
- Finish any veggies and fruit you didn't cut on Sunday

Wednesday:

- Portion leftover Maple BBQ Chicken for lunch
- Don't forget your treat swap! (Only brackets B, C, & D)