



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

3 Day Quick Fix Sample Meal Plan {Bracket A - 1200 to 1499 calories} Ultimate Portion Fix | 21 Day Fix

Meal 1	♥ Egg Whites	♥ Oatmeal	🥄 Coconut Oil
Meal 2	♥ Shakeology or other protein	♥ Spinach or other veggie	
Meal 3	♥ Chicken	♥ Broccoli	🥄 Coconut Oil
Meal 4	♥ Chicken	♥ Asparagus	
Meal 5	♥ Fish	½ ♥ Zucchini	🥄 Coconut Oil
Meal 6	♥ Ground Turkey	½ ♥ Zucchini	🥄 Coconut Oil