



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

3 Day Quick Fix Sample Meal Plan {Bracket B - 1500 to 1799 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	2 ♥ Chicken	♥ Asparagus	🥄 Coconut Oil
Meal 5	♥ Fish	½ ♥ Zucchini	🥄 Coconut Oil
Meal 6	♥ Ground Turkey	½ ♥ Zucchini	🥄 Coconut Oil