



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

## 3 Day Quick Fix Sample Meal Plan {Bracket C - 1800 to 2099 calories} Ultimate Portion Fix | 21 Day Fix

<b>Meal 1</b>	♥ Egg Whites	♥ Oatmeal	🥄 Coconut Oil
<b>Meal 2</b>	♥ Shakeology or other protein	♥ Spinach or other veggie	
<b>Meal 3</b>	♥ Chicken	♥ Yams	🥄 Coconut Oil
<b>Meal 4</b>	2 ♥ Chicken	♥ Broccoli	🥄 Coconut Oil
<b>Meal 5</b>	1 ½ ♥ Fish	♥ Asparagus	🥄 Coconut Oil
<b>Meal 6</b>	♥ Ground Turkey	♥ Peppers	🥄 Coconut Oil
<b>Meal 7</b>	1 ½ ♥ Fish	♥ Zucchini	🥄 Coconut Oil