



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

3 Day Quick Fix Sample Meal Plan {Bracket D - 2100 to 2299 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	2 ♥ Yams	🥄 Coconut Oil
Meal 4	2 ♥ Chicken	♥ Broccoli	🥄 Coconut Oil
Meal 5	1 ½ ♥ Fish	♥ Asparagus	🥄 Coconut Oil
Meal 6	♥ Ground Turkey	♥ Zucchini	🥄 Coconut Oil
Meal 7	1 ½ ♥ Fish	♥ Broccoli	🥄 Coconut Oil
Meal 8	♥ Ground Turkey	♥ Peppers	🥄 Coconut Oil