



3 Day Quick Fix Sample Meal Plan {Bracket F - 2500 to 2800 calories}

Ultimate Portion Fix | 21 Day Fix

Meal 1	♥ Egg Whites	♥ Oatmeal	🥄 Coconut Oil
Meal 2	♥ Shakeology or other protein	♥ Spinach or other veggie	🥄 Coconut Oil
Meal 3	2 ♥ Chicken	2 ♥ Yams	🥄 Coconut Oil
Meal 4	2 ♥ Chicken	♥ Broccoli	🥄 Coconut Oil
Meal 5	1 ½ ♥ Fish	♥ Asparagus	🥄 Coconut Oil
Meal 6	2 ♥ Ground Turkey	2 ♥ Zucchini	🥄 Coconut Oil
Meal 7	1 ½ ♥ Fish	2 ♥ Broccoli	2 🥄 Coconut Oil
Meal 8	♥ Ground Turkey	♥ Peppers	🥄 Coconut Oil