

21 Day Fix | Ultimate Portion Fix

Full Meal Plan | 1/6/20 | {Bracket A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheesy Bacon Breakfast Bites 1/3 1 1/3	Cheesy Bacon Breakfast Bites 1/3 1 1/3	Cheesy Bacon Breakfast Bites 1/3 1 1/3	Cheesy Bacon Breakfast Bites 1/3 1 1/3	Cheesy Bacon Breakfast Bites 1/3 1 1/3
Snack	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 1 1 1/2	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 1 1 1/2	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 1 1 1/2	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 1 1 1/2	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 1 3
Lunch	Ramen Noodle Salad topped with Chicken 1 1/2 1 1/4 2/3 1/3 1	Healthy Chicken Lettuce Wraps 1 1 1/2 1 1/2 Raw Veggies w/ Mashed Avocado or Hummus 2/3 1/2	Ramen Noodle Salad topped with Chicken 1 1/2 1 1/4 2/3 1/3 1	Healthy Chicken Lettuce Wraps 1 1 1/2 1 1/2 Raw Veggies 2/3	Ramen Noodle Salad topped with Chicken 1 1/2 1 1/4 2/3 1/3 1
Snack	Raw Veggies w/ Mashed Avocado or Hummus 1 1/6 1/3 Whole Grain Crackers 1/3	Raw Veggies w/ FIX approved dressing or Pumpkin seeds 1 1 Whole Grain Crackers 1/2 Berries or Melon 1	Raw Veggies w/ Mashed Avocado or Hummus 1 1/6 1/3 Whole Grain Crackers 1/3	Raw Veggies w/ FIX approved dressing or Pumpkin seeds 1 1 Whole Grain Crackers 1/2	Raw Veggies 1 1/6 Whole Grain Crackers 1/3
Dinner	Shepherd's Pie 1 1 1 1 1/2	Sausage and Cauliflower Casserole 1 1 1/4 1/4	Healthy Chicken Ramen Noodle Stir Fry 1 1 1 1 1/3	Italian Chicken Skillet 1/4 1 3/4 w/ 3/4 c. Broccoli & Whole Grain Pasta 3/4 1	Zuppa Toscana 1 1 1 1/3
Snack	Berries or Melon 3/4	Treat Swap 1	Berries or Melon 3/4	Berries or Melon 1	Berries or Melon 3/4