

Ultimate Portion Fix | 21 Day Fix

Full Meal Plan | 1/6/20 | { Bracket D - 2100 to 2399 calories }

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheesy Bacon Breakfast Bites 1/3 1 1 1 1/2 1/3 1 1 1/2 1/3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Cheesy Bacon Breakfast Bites 1/3 1 1 1 1/3 1 1 1/3 1 1 1 1 1 1 1 1 1	Cheesy Bacon Breakfast Bites 1/3 1 1 1/2 1/3 1/2 Banana w/ nut butter 2 1/2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 2 3 2 3	Cheesy Bacon Breakfast Bites 1/3 1 1 1/2 1/3 1/2 Banana w/ nut butter 2 1/2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 2 3 2	Cheesy Bacon Breakfast Bites 1/3 1 1 1/2 1/3 Roasted veggies w/ oil 1 1/2 1/2 Banana w/ nut butter 2 1/2 31/2 "Overnight" Instant Pot Steel Cut Oats w/ cinnamon 1 1/2
Snack	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 ❤ 1 ❤ 2 \ Raw Veggies 1 ❤	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 ♥ 1 ♥ 2 \ Raw Veggies w/ Mashed Avocado or Hummus 1 ♥ ½ ♥	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 ♥ 1 ♥ 2 \ Raw Veggies 1 ♥	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 ♥ 1 ♥ 2 \ Raw Veggies 1 ♥	Shakeology (w/ 8 oz water, berries & nut butter) OR Greek Yogurt w/ berries & nut butter 1 ♥ 1 ♥ 2 \ Raw Veggies 1 ♥
Lunch	Ramen Noodle Salad topped with Chicken 1½♥ 1♥ ¼♥ ⅔ √ ⅓♥ 1♥	Healthy Chicken Lettuce Wraps 1 ♥ 1 ♥ ½ ♥ 1½	Ramen Noodle Salad topped with Chicken 1½ № 1 № 1/4 № 2/3 № 1/3 ♥ 1 ₩	Healthy Chicken Lettuce Wraps 1 ♥ 1 ♥ ½ ♥ 1½ Roasted veggies w/ oil 1 ♥ ½	Ramen Noodle Salad topped with Chicken 1½ № 1 № 1¼ № 2/3 № 1/3 ♥ 1 №
Snack	Raw Veggies w/ Mashed Avocado or Hummus 1½ ♥ ⅓ ♥ Whole Grain Crackers 1⅓ ♥ Hard Boiled Eggs 1♥	Raw Veggies w/ FIX approved dressing or Pumpkin Seeds 1 ² / ₃ 1	Raw Veggies w/ Mashed Avocado or Hummus 1½ 1/3 1/2 Whole Grain Crackers 1/3 1/3 Berries or Melon 3/4 1/4 Hard Boiled Eggs 1♥	Raw Veggies w/ FIX approved dressing or Pumpkin Seeds 12/3 № 1 № Whole Grain Crackers 11/2 № Hard Boiled Eggs	Raw Veggies 1¼ Whole Grain Crackers 1/3 Berries or Melon 3/4 Hard Boiled Eggs 1
Dinner	Shephe1d's Pie 1 ♥ 1 ♥ 1 ♥ 1½ Roasted veggies w/ oil 1 ♥ ½	Sausage and Cauliflower Casserole 1 ♥ 1¼ ♥ ¼ Roasted veggies w/ oil 1 ♥ ½	Healthy Chicken Ramen Noodle Stir Fry 1 ♥ 1 ♥ 1 ↓ 1⅓ Roasted veggies w/ oil 1 ♥ ½	Italian Chicken Skillet 1/4 ♥ 1 ♥ 3/4 ♥ w/ 3/4 c. Broccoli & Whole Grain Pasta 3/4 ♥ 1 ♥	Zuppa Toscana 1♥ 1♥ 1♥ ⅓♥
Snack	Berries or Melon ³ /₄ <u>Whipped Ricotta</u> or Greek Yogurt 1♥	Treat Swap 1 ❤ Whipped Ricotta or Greek Yogurt 1 ❤	Treat Swap 1 ❤ Whipped Ricotta or Greek Yogurt 1 ❤	Berries or Melon 1 ❤ Whipped Ricotta or Greek Yogurt 1 ❤	Treat Swap 1 ❤ Whipped Ricotta or Greek Yogurt 1 ❤