

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 6 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Baked Oatmeal</a> 2 Hardboiled Eggs 1Y ¼P 1R	<a href="#">Baked Oatmeal</a> 2 Hardboiled Eggs 1Y ¼P 1R	<a href="#">Baked Oatmeal</a> 2 Hardboiled Eggs 1Y ¼P 1R	<a href="#">Baked Oatmeal</a> 2 Hardboiled Eggs 1Y ¼P 1R	<a href="#">Baked Oatmeal</a> 2 Hardboiled Eggs 1Y ¼P 1R
<b>Snack</b>	Shakeology w/ ½ Banana <b>OR</b> Greek yogurt, Frozen Mixed Fruit, & Cinnamon 1R 1P	Shakeology w/ ⅓ Banana <b>OR</b> Greek yogurt, ¾c. Frozen Mixed Fruit, & Cinnamon 1R ¾P	Shakeology w/ ½ Banana <b>OR</b> Greek yogurt, Frozen Mixed Fruit, & Cinnamon 1R 1P	Shakeology w/ ½ Banana <b>OR</b> Greek yogurt, Frozen Mixed Fruit, & Cinnamon 1R 1P	Shakeology w/ ⅓ Banana <b>OR</b> Greek yogurt, ¾c. Frozen Mixed Fruit, & Cinnamon 1R ¾P
<b>Lunch</b>	Berry Chicken Salad (¾ c. Grilled Chicken, 1 c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> ) 1½G ¾P 1R ½B 1O	Leftover <a href="#">Asian Meatballs</a> Cauliflower rice Green beans w/ ½ tsp oil 2G 1R 1	Berry Chicken Salad (¾ c. Grilled Chicken, 1 c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> ) 1½G ¾P 1R ½B 1O	Berry Chicken Salad (¾ c. Grilled Chicken, 1 c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> ) 1½G ¾P 1R ½B 1O	Leftover <a href="#">Asian Meatballs</a> Cauliflower rice Green beans w/ ½ tsp oil 2G 1R 1
<b>Snack</b>	5 baby carrots w/ 2 tsp nut butter String Cheese ½G 2 ½B	½ c. Sliced cucumbers w/ sea salt ½G	10 baby carrots w/ 2 tsp nut butter 1G 2	15 baby carrots w/ 3 tsp nut butter 1½G 3	Apple "nachos" w/ 1 tsp nut butter & shredded coconut Sliced cucumbers w/ sea salt 1P 1O 1 1G
<b>Dinner</b>	<a href="#">Asian Meatballs</a> Cauliflower rice Green beans w/ ½ tsp oil 2G 1R 1	<a href="#">Enchilada Pasta</a> (with a full blue of cheese!) 1½G 1R 1Y 1B	<a href="#">Chicken Curry</a> Green beans w/ ½ tsp oil 1½G 1R 1Y 1	<a href="#">Sloppy Joe Stuffed Sweet Potato</a> 1G 1R 1Y	<a href="#">Cheesy Chicken Broccoli Casserole</a> 1G 1R 1B 1
<b>Snack</b>	Air Popped Popcorn 1Y	Apple "nachos" w/ 2 tsp nut butter & shredded coconut 1P 1O 2	String Cheese ½B	String Cheese ½B	Treat Swap or Wine <b>OR</b> Air Popped Popcorn 1Y