

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 6 | {Plan D - 2100 to 2299 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Baked Oatmeal Sheet Pan Breakfast topped with an egg 2Y ¼P 1G 1R 1	Baked Oatmeal Sheet Pan Breakfast topped with an egg 2Y ¼P 1G 1R 1	Baked Oatmeal Sheet Pan Breakfast topped with an egg 2Y ¼P 1G 1R 1	Baked Oatmeal Sheet Pan Breakfast topped with an egg 2Y ¼P 1G 1R 1	Baked Oatmeal Sheet Pan Breakfast topped with an egg 2Y ¼P 1G 1R 1
Snack	Shakeology w/ ½ Banana & 1 tsp nut butter OR Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 1 tsp nut butter 1R 1P 1	Shakeology w/ ½ Banana & 1 tsp nut butter OR Greek yogurt, ¾c. Frozen Mixed Fruit, Cinnamon & 1 tsp nut butter 1R ¾P 1	Shakeology w/ ½ Banana & 1 tsp nut butter OR Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 1 tsp nut butter 1R 1P 1	Shakeology w/ ½ Banana & 1 tsp nut butter OR Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 1 tsp nut butter 1R 1P 1	Shakeology w/ ½ Banana & 1 tsp nut butter OR Greek yogurt, ¾c. Frozen Mixed Fruit, Cinnamon, & 1 tsp nut butter 1R ¾P 1
Lunch	Berry Chicken Salad (2 Hard Boiled Eggs, ¾ c. Grilled Chicken, 1½ c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T Strawberry Balsamic Dressing) 2G ¾P 2R ½B 1O	Leftover Asian Meatballs Cauliflower rice Green beans w/ ½ tsp oil 2G 1R 1	Berry Chicken Salad (2 Hard Boiled Eggs, ¾ c. Grilled Chicken, 1½ c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T Strawberry Balsamic Dressing) 2G ¾P 2R ½B 1O	Berry Chicken Salad (2 Hard Boiled Eggs, ¾ c. Grilled Chicken, 1½ c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T Strawberry Balsamic Dressing) 2G ¾P 2R ½B 1O	Leftover Asian Meatballs Cauliflower rice Green beans w/ ½ tsp oil 2G 1R 1
Snack	10 baby carrots w/ 3 tsp nut butter String Cheese Whole Grain Crackers 1G ½B 1Y 3	1½ c. Sliced cucumbers w/ sea salt Frozen Grapes 2 Hard Boiled Eggs 1½G 1P 1R	10 baby carrots w/ 3 tsp nut butter String Cheese 1G 3 ½B	10 baby carrots w/ 4 tsp nut butter String Cheese 1G 4 ½B	Apple "nachos" w/ 2 tsp nut butter & shredded coconut Whole Grain Crackers 2 Hard Boiled Eggs 10 baby carrots 1P 1O 2 1Y 1R 1G
Dinner	Asian Meatballs Cauliflower rice Green beans w/ ½ tsp oil Ricotta Stuffed Strawberries 2G 2R 1 1P	Enchilada Pasta (with a full blue of cheese!) Ricotta Stuffed Strawberries 1½G 2R 1Y 1B 1P	Chicken Curry 1½ c. Green beans w/ ½ tsp oil Ricotta Stuffed Strawberries 2G 2R 1Y 1 1P	Sloppy Joe Stuffed Sweet Potato Sliced cucumber w/ sea salt Ricotta Stuffed Strawberries 2G 2R 1Y 1P	Cheesy Chicken Broccoli Casserole Sliced cucumber w/ sea salt Ricotta Stuffed Strawberries 2G 2R 1B 1 1P
Snack	Air Popped Popcorn Frozen Grapes 1Y 1P	Apple "nachos" w/ 3 tsp nut butter & shredded coconut Air Popped Popcorn 1P 1O 3 1Y	Air Popped Popcorn Frozen Grapes 1Y 1P	Air Popped Popcorn Frozen Grapes 1Y 1P	Treat Swap or Wine OR Air Popped Popcorn Frozen Grapes 1Y 1P