

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 7 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1Y 1R 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1Y 1R 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1Y 1R 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1Y 1R 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1Y 1R 1
Snack	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries 1R 1P	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries 1R 1P	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries 1R 1P	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries 1R 1P	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries 1R 1P
Lunch	Greek Pasta Salad Topped with Grilled Chicken or Tuna (no feta) 1G 1Y 1R 1O	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1G 1Y 1R ½B 1O	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1G 1Y 1R ½B 1O	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1G 1Y 1R ½B 1O	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1G 1Y 1R ½B 1O
Snack	Sliced cucumbers w/ sea salt or Everything Bagel Seasoning 1G	10 baby carrots w/ 1 tsp nut butter 1G 1	Sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado 1G ½B	Sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado 1G ½B	10 baby carrots w/ 1.5 tsp nut butter 1G 1½
Dinner	Cauliflower Cheeseburger "Mac" 1 c. Side salad dressed w/ 1 tsp. EVOO & Lemon Juice 2G 1R 1B 2	Taco Zucchini Boats 1 c. Side salad dressed w/ 1 tsp. EVOO & Lemon Juice 2G 1R ½B 1	Low Carb Stuffed Pepper Soup 2G 1R	Instant Pot Chicken and Broccoli (w/ double broccoli or served over cauli rice) 2G 1R ½	Beanless Chili (topped with avocado) 2G 1R ½B ½
Snack	Frozen Grapes or Berries 1P	Frozen Grapes or Berries 1P	Frozen grapes or Berries w/ 2 tsp nut butter 1P 2	Frozen grapes or Berries w/ 1.5 tsp nut butter 1P 1½	Frozen Grapes or Berries 1P