

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 7 | {Plan B - 1500 to 1799 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 1/2 Banana w/ 1 tsp nut butter 1Y 1R 1P 2
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 1/2B 1O	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1G 1Y 1R 1/2B 1O	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1G 1Y 1R 1/2B 1O	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1G 1Y 1R 1/2B 1O
Snack	Sliced cucumbers w/ sea salt or Everything Bagel Seasoning Sweet potato w/ 1/2 banana & 1 tsp. nut butter 1G 1Y 1P 1	10 baby carrots w/ 1 tsp nut butter Sweet potato w/ 1/2 banana & 1 tsp. nut butter 1G 1Y 1P 2	Sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado Sweet potato w/ 1/2 banana & 1 tsp. nut butter 1G 1/2B 1Y 1P 1	Sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado Sweet potato w/ 1/2 banana & 1 tsp. nut butter 1G 1/2B 1Y 1P 1	10 baby carrots w/ 1.5 tsp nut butter Frozen Grapes or Berries 1P 1G 1 1/2
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 1/2B 1	Low Carb Stuffed Pepper Soup 2G 1R	Instant Pot Chicken and Broccoli (w/ double broccoli or served over cauli rice) 2G 1R 1/2	Beanless Chili (topped with avocado) 2G 1R 1/2B 1/2
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 1 1/2	Treat Swap 1Y