

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 7 | {Plan C - 1800 to 2099 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) 1/2 Turkey sand w/ 1 tsp mayo + meat roll ups 1G 2Y 2R 1O 1	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1/2 Turkey sand w/ 1 tsp mayo + meat roll ups 1G 2Y 2R 1/2B 1O 1	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1/2 Turkey sand w/ 1 tsp mayo + meat roll ups 1G 2Y 2R 1/2B 1O 1	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1/2 Turkey sand w/ 1 tsp mayo + meat roll ups 1G 2Y 2R 1/2B 1O 1	Greek Pasta Salad Topped with Grilled Chicken or Tuna 1/2 Turkey sand w/ 1 tsp mayo + meat roll ups 1G 2Y 2R 1/2B 1O 1
Snack	Baby carrots and 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 & 1 c. celery w/ 1 tsp nut butter Sweet potato w/ 1/2 banana & 1 tsp. nut butter 1G 1Y 1P 2	Baby Carrots and 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	Baby carrots and 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 & 1 c. celery 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