

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 7 | {Plan E - 2300 to 2499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1/2 Banana 1Y 1R 1P 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1/2 Banana 1Y 1R 1P 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1/2 Banana 1Y 1R 1P 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1/2 Banana 1Y 1R 1P 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon Banana w/ 1 tsp nut butter 1Y 1R 2P 2
Snack	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G
Lunch	Greek Pasta Salad Topped with Grilled Chicken or Tuna (no feta) Turkey sand w/ 1 tsp mayo + meat roll ups Apple 1G 3Y 2R 1O 1 1P	Greek Pasta Salad Topped with Grilled Chicken or Tuna Turkey sand w/ 1 tsp mayo + meat roll ups Pear 1G 3Y 2R ½B 1O 1 1P	Greek Pasta Salad Topped with Grilled Chicken or Tuna Turkey sand w/ 1 tsp mayo + meat roll ups Apple 1G 3Y 2R ½B 1O 1 1P	Greek Pasta Salad Topped with Grilled Chicken or Tuna Turkey sand w/ 1 tsp mayo + meat roll ups Pear 1G 3Y 2R ½B 1O 1 1P	Greek Pasta Salad Topped with Grilled Chicken or Tuna Turkey sand w/ 1 tsp mayo + meat roll ups Apple 1G 3Y 2R ½B 1O 1 1P
Snack	Baby carrots and sliced cucumbers w/ sea salt or Everything Bagel Seasoning Hard Boiled Eggs 2G 1R	10 baby carrots & 1 c. celery w/ 1 tsp nut butter Hard Boiled Eggs 2G 1R 2	Baby Carrots and sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado Hard Boiled Eggs 2G 1R ½B	Baby carrots and sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado Hard Boiled Eggs 2G 1R ½B	10 baby carrots & 1 c. celery w/ 2.5 tsp nut butter Hard Boiled Eggs 2G 1R 2½
Dinner	Cauliflower Cheeseburger "Mac" 2 c. Side salad dressed w/ 2 tsp. EVOO & Lemon Juice 3G 1R 1B 3	Taco Zucchini Boats 2 c. Side salad dressed w/ 2 tsp. EVOO & Lemon Juice 3G 1R ½B 2	Low Carb Stuffed Pepper Soup 1 c. Side salad dressed w/ 1 tsp. EVOO & Lemon Juice 3G 1R 1	Instant Pot Chicken and Broccoli (w/ double broccoli or served over cauli rice) 1 c. Side salad dressed w/ 1 tsp. EVOO & Lemon Juice 3G 1R 1½	Beanless Chili (topped with avocado) 1 c. Side salad dressed w/ 1 tsp. EVOO & Lemon Juice Frozen Grapes or Berries 3G 1R 1P ½B 1½
Snack	Frozen Grapes or Berries w/ 1 tsp nut butter Sweet potato w/ 1/2 banana & 1 tsp. nut butter 2P 1Y 2	Frozen Grapes or Berries Sweet potato w/ 1/2 banana & 1 tsp. nut butter 2P 1Y 1	Frozen grapes or Berries w/ 3 tsp nut butter Sweet potato w/ 1/2 banana & 1 tsp. nut butter 2P 1Y 4	Frozen grapes or Berries w/ 2.5 tsp nut butter Sweet potato w/ 1/2 banana & 1 tsp. nut butter 2P 1Y 3½	Treat Swap 1Y