



21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 7 | **Prep Checklist**

Sunday:

- Prep Bacon
- Prep Hard Boiled Eggs (for 2B Mindset and 21 DF Plans D-F)
- Prep [Sweet Potatoes](#) (21DF Plans B-F)
- While the bacon, sweet potatoes and eggs are cooking, prep [Gluten Free Make Ahead Freezer Waffles](#); freeze according to directions in the post
- Wash and prep veggies for snacks, [Greek Pasta Salad](#), and [Chicken and Broccoli](#). If making cauli rice, don't forget to prep that!
- Prep [Greek Pasta Salad](#) for lunches, as well as protein option (grilled chicken or tuna)
- Wash and cut fruit for snacks, shakeology. [Prep Whipped Ricotta](#).
- Prep Zucchini for [Taco Zucchini Boats](#) - hollow out zucchini, then wrap and store in the fridge for Tuesday
- Prep [Cauliflower Cheeseburger "Mac"](#), but don't bake! Wrap and store in the fridge for Monday

Monday:

- Bake your [Cauliflower Cheeseburger "Mac"](#) and enjoy an easy night!

Tuesday:

- Use your prepped zucchini for [Taco Zucchini Boats](#).

Wednesday:

- Midweek prep! While you are chopping veggies for [Low Carb Stuffed Pepper Soup](#), chop everything you need for the [Beanless Chili](#)

Thursday:

- Another quick and easy dinner using prepped veggies - [Chicken and Broccoli](#) and Cauli Rice

Friday:

- Veggies are prepped - make your [Beanless Chili](#) and enjoy!
- While dinner is cooking, take some time to assess what things you have still leftover from the week and how they can fit into your weekend. Make a plan and write it down! You've got this!