

## 21 Day Fix | Ultimate Portion Fix

### Full Meal Plan Vol. 8 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Chocolate Chia Pudding</a> ½ Banana 1P 1O ½	Avocado Toast with <a href="#">Everything Bagel Seasoning</a> 2 Hard Boiled Eggs 1Y 1R ½B	Avocado Toast with <a href="#">Everything Bagel Seasoning</a> 2 Hard Boiled Eggs 1Y 1R ½B	<a href="#">Chocolate Chia Pudding</a> ½ Banana 1P 1O ½	Toast with ½ tsp butter 2 Hard Boiled Eggs and <a href="#">Everything Bagel Seasoning</a> 1Y 1R ½
<b>Snack</b>	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P
<b>Lunch</b>	<a href="#">BBQ Chicken + No Mayo Cole Slaw</a> 10 Baby Carrots 2G 1R	<a href="#">BBQ Chicken + No Mayo Cole Slaw</a> 10 Baby Carrots 2G 1R	<a href="#">BBQ Chicken + No Mayo Cole Slaw</a> 10 Baby Carrots 2G 1R	Leftover <a href="#">Lasagna Roll Ups</a> 10 Baby Carrots 2G 1¼R 1Y 1B	<a href="#">BBQ Chicken + No Mayo Cole Slaw</a> 10 Baby Carrots 2G 1R
<b>Snack</b>	½ c. Ricotta or cottage cheese w/ <a href="#">Everything Bagel Seasoning</a> 1 c. Raw Cucumber 1G ¾R	1 c. Raw cucumbers w/ sprinkle of sea salt 1G	1 c. Raw cucumbers w/ sprinkle of sea salt 1G	½ c. Ricotta or cottage cheese w/ <a href="#">Everything Bagel Seasoning</a> 1 c. Raw Cucumber 1G ¾R	Decaf Hot Tea or Black Coffee
<b>Dinner</b>	<a href="#">Lasagna Roll Ups</a> 1G 1¼R 1Y 1B	<a href="#">Sheet Pan Nachos</a> 1G 1R 1Y ½B	Grilled or Baked Chicken Steamed Broccoli Pasta with <a href="#">Healthy Alfredo Sauce</a> 1G 1R 1Y ½B 2	<a href="#">Chicken Noodle Soup</a> 1G 1R ½Y ½	<a href="#">New York Strip Steak w/ Butternut Squash Mac and Cheese</a> Side salad w/ oil + vinegar 2G 1R 1Y 1B 1O 1
<b>Snack</b>	3 cups air popped popcorn w/ 2½ tsp melted butter 1Y 2½	<a href="#">Chocolate Chia Pudding</a> ½ Banana 2½ tsp nut butter 1P 1O 2½	<a href="#">Chocolate Chia Pudding</a> ½ Banana ½ tsp nut butter 1P 1O ½	1½ cups air popped popcorn w/ 2 tsp melted butter ½Y 2	<a href="#">Dairy Free Fondue with Fruit</a> 1P 1½