

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 8 | {Plan D - 2100 to 2299 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chocolate Chia Pudding Banana 2 Hard Boiled Eggs Toast w/ 1 tsp butter or nut butter 2P 1O 1½ 1Y 1R	Avocado Toast with Everything Bagel Seasoning 2 Hard Boiled Eggs ½ Banana 1Y 1R ½B 1P	Avocado Toast with Everything Bagel Seasoning 2 Hard Boiled Eggs ½ Banana 1Y 1R ½B 1P	Chocolate Chia Pudding Banana 2 Hard Boiled Eggs Toast w/ 1 tsp butter or nut butter 2P 1O 1½ 1Y 1R	Toast with 1 tsp butter or nut butter 2 Hard Boiled Eggs and Everything Bagel Seasoning 1Y 1R 1
Snack	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ 1c. raw peppers or cucumbers 2R 1P 1G	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ 1c. raw peppers or cucumbers 2R 1P 1G	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ 1c. raw peppers or cucumbers 2R 1P 1G	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ 1c. raw peppers or cucumbers 2R 1P 1G	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ 1c. raw peppers or cucumbers 2R 1P 1G
Lunch	BBQ Chicken + No Mayo Cole Slaw 10 Baby Carrots 2G 1R	BBQ Chicken + No Mayo Cole Slaw 10 Baby Carrots 2 Hard Boiled Eggs 2G 2R	BBQ Chicken + No Mayo Cole Slaw 10 Baby Carrots 2G 1R	Leftover Lasagna Roll Ups 10 Baby Carrots 2G 1¼R 1Y 1B	BBQ Chicken + No Mayo Cole Slaw 10 Baby Carrots 2G 1R
Snack	½ c. Ricotta or cottage cheese w/ Everything Bagel Seasoning 1 c. Raw Cucumber 8 whole grain crackers 1G ¾R 1Y	1 c. Raw cucumbers w/ sprinkle of sea salt Apple w/ 2½ tsp nut butter 8 whole grain crackers 1G 1Y 1P 2½	1 c. Raw cucumbers w/ sprinkle of sea salt Apple w/ 1½ tsp nut butter 8 whole grain crackers 1G 1Y 1P 1½	½ c. Ricotta or cottage cheese w/ Everything Bagel Seasoning 1 c. Raw Cucumber Apple w/ 1½ tsp nut butter 1G ¾R 1P 1½	Banana w/ 2½ tsp nut butter 1 c. Raw Cucumber 1G 2P 2½
Dinner	Lasagna Roll Ups 1 c. Side Salad w/ 1 tsp oil & lemon juice 2G 1¼R 1Y 1B 1	Sheet Pan Nachos 1 c. Side Salad w/ 1 tsp oil & lemon juice 2G 1R 1Y ½B 1	Grilled or Baked Chicken Steamed Broccoli Pasta with Healthy Alfredo Sauce 1 c. Side Salad w/ 1 tsp oil & lemon juice 2G 1R 1Y ½B 3	Chicken Noodle Soup 1 c. Side Salad w/ 1 tsp oil & lemon juice 2G 1R ½Y 1½	New York Strip Steak w/ Butternut Squash Mac and Cheese 1½ c. Side salad w/ oil + vinegar 2G 1R 1Y 1B 1O 1
Snack	3 cups air popped popcorn w/ 2 tsp melted butter Apple w/ 1½ tsp nut butter 1Y 1P 3½	Chocolate Chia Pudding ½ Banana 2 tsp nut butter 3 cups air popped popcorn 1Y 1P 1O 2½	Chocolate Chia Pudding ½ Banana 1 tsp nut butter 3 cups air popped popcorn 1Y 1P 1O 1½	1½ cups air popped popcorn w/ 1½ tsp melted butter Treat Swap or favorite cocktail 1½Y 1½	Dairy Free Fondue + Fruit 3 cups air popped popcorn Treat Swap or favorite cocktail 1P 1½ 2Y