

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 8 | {Plan F - 2500 to 2800 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 Banana 1Y 1R ½B 2P	Avocado Toast with Everything Bagel Seasoning 2 Hard Boiled Eggs Banana 1Y 1R ½B 2P	Chocolate Chia Pudding Banana 2 Hard Boiled Eggs 2 slices Toast w/ ½ tsp butter or nut butter 2P 1O 2 2Y 1R	Toast with 1 tsp butter or nut butter 2 Hard Boiled Eggs and Everything Bagel Seasoning Banana 2P 1Y 1R 1
Snack	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ ½ c. raw peppers or cucumbers 2R 1P 1½G	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ ½ c. raw peppers or cucumbers 2R 1P 1½G	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ ½ c. raw peppers or cucumbers 2R 1P 1½G	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ ½ c. raw peppers or cucumbers 2R 1P 1½G	Shakeology w/ fruit OR Greek yogurt w/ berries Rolled Deli Meat w/ ½ c. raw peppers or cucumbers 2R 1P 1½G
Lunch	BBQ Chicken + No Mayo Cole Slaw (2 servings chicken) ½ c. Roasted Sweet Potato 15 Baby Carrots 2½G 2R 1Y	BBQ Chicken + No Mayo Cole Slaw (2 servings chicken) 15 Baby Carrots 2 Hard Boiled Eggs ½ c. Roasted Sweet Potato 2½G 3R 1Y	BBQ Chicken + No Mayo Cole Slaw (2 servings chicken) ½ c. Roasted Sweet Potato 15 Baby Carrots 2½G 2R 1Y	Leftover Lasagna Roll Ups ½ c. Roasted Sweet Potato Leftover grilled or baked chicken 15 Baby Carrots 2½ G 2¼R 1Y 1B	BBQ Chicken + No Mayo Cole Slaw (2 servings chicken) ½ c. Roasted Sweet Potato 15 Baby Carrots 2½G 2R 1Y
Snack	Apple w/ 2½ tsp nut butter ½ c. Ricotta or cottage cheese w/ Everything Bagel Seasoning 1 c. Raw Cucumber 8 whole grain crackers 1G ¾R 1Y 1P 2½	1 c. Raw cucumbers w/ sprinkle of sea salt Apple w/ 3½ tsp nut butter 8 whole grain crackers 1G 1Y 1P 3½	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/ 2½ tsp nut butter 1G ¾R 1P 2½	Apple w/ 2½ tsp nut butter 1 c. Raw Cucumber 1G 2P 2½
Dinner	Lasagna Roll Ups 2 c. Side Salad w/ 2 tsp oil & lemon juice 3G 1¼R 1Y 1B 2	Sheet Pan Nachos 2 c. Side Salad w/ 2 tsp oil & lemon juice 3G 1R 1Y ½B 2	Grilled or Baked Chicken Steamed Broccoli Pasta with Healthy Alfredo Sauce 2 c. Side Salad w/ 2 tsp oil & lemon juice 3G 1R 1Y ½B 4	Chicken Noodle Soup 2 c. Side Salad w/ 2 tsp oil & lemon juice 3G 1R ½Y 2½	New York Strip Steak w/ Butternut Squash Mac and Cheese 2½ c. Side salad w/ oil + vinegar 3G 1R 1Y 1B 1O 1
Snack	3 cups air popped popcorn w/ 2 tsp melted butter 1 c. berries 1Y 1P 2	Chocolate Chia Pudding Topped w/ 1 c. berries & 2 tsp nut butter 3 cups air popped popcorn 1Y 1P 1O 2½	Chocolate Chia Pudding Topped w/ 1 c. berries & 2 tsp nut butter 3 cups air popped popcorn 1Y 1P 1O 2½	1½ cups air popped popcorn w/ 1 tsp melted butter 1 c. berries Treat Swap or favorite cocktail 1½Y 1	Dairy Free Fondue +Fruit 3 cups air popped popcorn w/ 2 tsp melted butter Treat Swap or favorite cocktail 1P 3½ 2Y