

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 9 | {Plan E - 2300 to 2499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) <a href="#">Sheet Pan Breakfast</a> ½P 2Y 1R 1G 1	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) <a href="#">Sheet Pan Breakfast</a> ½P 2Y 1R 1G 1	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) <a href="#">Sheet Pan Breakfast</a> ½P 2Y 1R 1G 1	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) <a href="#">Sheet Pan Breakfast</a> ½P 2Y 1R 1G 1	<a href="#">Healthy Banana Bread</a> (w/ no mix ins) <a href="#">Sheet Pan Breakfast</a> ½P 2Y 1R 1G 1
<b>Snack</b>	Shakeology w/ fruit & greens <b>OR</b> Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G	Shakeology w/ fruit & greens <b>OR</b> Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G	Shakeology w/ fruit & greens <b>OR</b> Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G	Shakeology w/ fruit & greens <b>OR</b> Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G	Shakeology w/ fruit & greens <b>OR</b> Greek yogurt w/ berries & cinnamon 10 baby carrots 1R 1P 1G
<b>Lunch</b>	1 1/2 c. Bagged Kale Salad 1/4 c. Matchstick Carrots, 1/4 c. Cucumbers, 3/4 c. Chicken, 1/2 c. Mango or Mandarin oranges <a href="#">Honey Ginger Vinaigrette</a> ½ large Banana 2G 1R 1½P 1O	1 1/2 c. Bagged Kale Salad 1/4 c. Matchstick Carrots, 1/4 c. Cucumbers, 3/4 c. Chicken, 2 1/2 Tbsp Peanuts or Almonds <a href="#">Honey Ginger Vinaigrette</a> ½ large Banana 2G 1R ½B 1O 1P	1 1/2 c. Bagged Kale Salad 1/4 c. Matchstick Carrots, 1/4 c. Cucumbers, 3/4 c. Chicken, 2 1/2 Tbsp Peanuts or Almonds <a href="#">Honey Ginger Vinaigrette</a> ½ large Banana 2G 1R ½B 1O 1P	1 1/2 c. Bagged Kale Salad 1/4 c. Matchstick Carrots, 1/4 c. Cucumbers, 3/4 c. Chicken, 1/2 c. Mango or Mandarin oranges <a href="#">Honey Ginger Vinaigrette</a> ½ large Banana w/ 3 ¼ tsp nut butter 2G 1R 1½P 1O 3¼	Leftover <a href="#">Baked Eggplant Parmesan</a> w/ 3/4 c. Ricotta or baked chicken 1 c. side salad w/ 1 tsp avocado oil + lemon juice 1 large Banana 3G 1R 1B 2P 1
<b>Snack</b>	Whole Grain Crackers Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1Y 1P 1R	Whole Grain Crackers 1 Hard boiled egg Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1Y 1½R 1P	Whole grain crackers w/ mashed avocado or cheese Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1Y ½B 1P 1R	Whole Grain Crackers 1 c. Sliced Cucumber Apple 6 slices nitrate free ham or turkey or 2 HB eggs 1G 1Y 1R 1P	Apple w/ 3 tsp nut butter 6 slices nitrate free ham or turkey or 2 HB eggs Air popped popcorn w/ 1 tsp melted butter 1P 4 1R 1Y
<b>Dinner</b>	<a href="#">Baked Eggplant Parmesan</a> 3/4 c. Ricotta or chicken Pasta w/ 1 tsp avocado oil 1 c. side salad w/ 1 tsp avo oil + lemon juice 3G 1R 1B 1Y 2	<a href="#">Chicken Tortilla Soup</a> w/ avocado or cheese 2½ c. Side Salad 2 tsp avocado oil +lemon 3G ½R 1Y ½B 2	<a href="#">Beef and Broccoli Brown Rice</a> 2 c. cauliflower rice w/ 2 tsp avocado oil 3G 1R 1Y 2½	<a href="#">Air Fryer Chicken Thighs</a> 2 c. Steamed Broccoli w/ 2 tsp oil or butter <a href="#">Instant Pot Scalloped Potatoes Au Gratin</a> 2G 1R 1Y 1B 2¾	<a href="#">Honey Glazed Salmon Brown Rice</a> 2 c. Side Salad w/ <a href="#">Honey Ginger Vinaigrette</a> 2G 1R 1Y 1O 1
<b>Snack</b>	<a href="#">Healthy Brownies</a> w/ 1 1/2 tsp nut butter Air popped popcorn w/ 1 tsp melted butter <a href="#">Whipped Ricotta Strawberries</a> 4 1Y 1R 1P	<a href="#">Healthy Brownies</a> w/ 1 1/2 tsp nut butter Air popped popcorn w/ 1 tsp melted butter <a href="#">Whipped Ricotta Strawberries</a> (*1½ c. strawberries, full amount ricotta) 1½P 1R 4 1Y	<a href="#">Healthy Brownies</a> w/ 1 tsp nut butter Air popped popcorn w/ 1 tsp melted butter <a href="#">Whipped Ricotta Strawberries</a> (*1½ c. strawberries, full amount ricotta) 1½P 1R 3½ 1Y	Treat Swap <a href="#">Whipped Ricotta Strawberries</a> 1P 1R 1Y	Treat Swap <a href="#">Whipped Ricotta Strawberries</a> (*only 1/2 c. strawberries, full amount ricotta) 1Y 1R ½P