

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 10 | {Plan B - 1500 to 1799 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Sticks Banana w/ 1 tsp nut butter 1Y 2P 1	French Toast Sticks Banana w/ 1 tsp nut butter 1Y 2P 1	Avocado Toast Banana w/ 1 tsp nut butter 2P 1Y ½B 1	French Toast Sticks Banana w/ 1 tsp nut butter 1Y 2P 1	French Toast Sticks Banana w/ 1 tsp nut butter 1Y 2P 1
Snack	Shakeology OR Greek yogurt w/ cinnamon 1R	Shakeology OR Greek yogurt w/ cinnamon 1R	Shakeology OR Greek yogurt w/ cinnamon 1R	Shakeology OR Greek yogurt w/ cinnamon 1R	Shakeology OR Greek yogurt w/ cinnamon 1R
Lunch	Chicken Salad (w/o nuts) over mixed greens 8 whole grain crackers 2G 1R ½P 1O 1Y	Chicken Salad (w/o nuts) over mixed greens 8 whole grain crackers 2G 1R ½P 1O 1Y	Chicken Salad (w/o nuts) over mixed greens 8 whole grain crackers 2G 1R ½P 1O 1Y	Chicken Salad (w/o nuts) over mixed greens 8 whole grain crackers 2G 1R ½P 1O 1Y	Egg Salad (made w/ avocado) over mixed greens 8 whole grain crackers 2G 1R 1B 1Y
Snack	1 Hard boiled egg 3 cups air popped popcorn 1Y ½R	1½ c. Raw veggies w/ mashed avo or hummus 2 Hard boiled eggs 1½G 1R ½B	1 c. Raw veggies 2 Hard boiled eggs 1G 1R	1 c. Raw veggies w/ mashed avo or hummus 2 Hard boiled eggs 1G 1R 1B	1 c. Raw veggies 1G
Dinner	Zucchini Lasagna 2G 1½R 1B	Air Fryer Shrimp Tacos ½G ¼P 1R ½Y ½B ½	BBQ Chicken Burger (lettuce wrapped) w/ leftover Street corn + favorite veggie 1G 1R 1Y ½B 1	Instant Pot Ramen Stir Fry 1G 1R 1Y ½	Hibachi Chicken (add 1 lb shrimp or steak) (can add brown rice if not using treat swap at snack) 1G 2R 1O 2
Snack	Vegan Chocolate Pudding ½ cup berries w/ 2½ tsp nut butter ½P 3	Vegan Chocolate Pudding ¼ cup berries w/ 1tsp nut butter 1½ c. air popped popcorn w/ 1 tsp melted butter ¼P ½Y 2½	Vegan Chocolate Pudding ½ cup berries w/ 1½ tsp nut butter ½P 2	½ c. Berries w/ 2½ tsp nut butter ½P 2½	Vegan Chocolate Pudding 1 cup berries w/ ½ tsp nut butter Treat swap (Ideas: can add choc chips to pudding or have wine with dinner) 1P 1 1Y