















# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 10 | {Plan C - 1800 to 2099 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">French Toast Sticks</a> Banana w/ 1 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2Y 2P 2  1G 1R	<a href="#">French Toast Sticks</a> Banana w/ 1 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2Y 2P 2  1G 1R	Avocado Toast Banana w/ 1 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2P 2Y ½B 2  1G 1R	<a href="#">French Toast Sticks</a> Banana w/ 1 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2Y 2P 2  1G 1R	<a href="#">French Toast Sticks</a> Banana w/ 1 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2Y 2P 2  1G 1R
<b>Snack</b>	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R
<b>Lunch</b>	<a href="#">Chicken Salad</a> (w/o nuts) over mixed greens 8 whole grain crackers 2G 1R ½P 1O 1Y	<a href="#">Chicken Salad</a> (w/o nuts) over mixed greens 8 whole grain crackers 2G 1R ½P 1O 1Y	<a href="#">Chicken Salad</a> (w/o nuts) over mixed greens 8 whole grain crackers 2G 1R ½P 1O 1Y	<a href="#">Chicken Salad</a> (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
<b>Snack</b>	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
<b>Dinner</b>	<a href="#">Zucchini Lasagna</a> 2G 1½R 1B	<a href="#">Air Fryer Shrimp Tacos</a> ½G ¼P 1R ½Y ½B ½ 	<a href="#">BBQ Chicken Burger</a> (lettuce wrapped) w/ leftover Street corn + favorite veggie 1G 1R 1Y ½B 1 	<a href="#">Instant Pot Ramen Stir Fry</a> 1G 1R 1Y ½ 	<a href="#">Hibachi Chicken</a> (add 1 lb shrimp or steak) (can add brown rice if not using treat swap at snack) 1G 2R 1O 2 
<b>Snack</b>	<a href="#">Vegan Chocolate Pudding</a> ½ cup berries w/ 2½ tsp nut butter ½P 3 	<a href="#">Vegan Chocolate Pudding</a> ¼ cup berries w/ 1tsp nut butter 1½ c. air popped popcorn w/ 1 tsp melted butter ¼P ½Y 2½ 	<a href="#">Vegan Chocolate Pudding</a> ½ cup berries w/ 1½ tsp nut butter ½P 2 	½ c. Berries w/ 2½ tsp nut butter ½P 2½ 	<a href="#">Vegan Chocolate Pudding</a> 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