

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 10 | {Plan D - 2100 to 2299 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Sticks Banana w/ 2 tsp nut butter Sheet Pan Breakfast w/ added egg 2Y 2P 3 1G 1R	French Toast Sticks Banana w/ 3½ tsp nut butter Sheet Pan Breakfast w/ added egg 2Y 2P 4½ 1G 1R	Avocado Toast Banana w/ 4 tsp nut butter Sheet Pan Breakfast w/ added egg 2P 2Y ½B 5 1G 1R	French Toast Sticks Banana w/ 2 tsp nut butter Sheet Pan Breakfast w/ added egg 2Y 2P 3 1G 1R	French Toast Sticks Banana w/ 1 tsp nut butter Sheet Pan Breakfast w/ added egg 2Y 2P 2 1G 1R
Snack	Shakeology w/ fruit OR Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit OR Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit OR Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit OR Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit OR Greek yogurt w/ berries 1R 1P
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	3 Hard boiled eggs 3 cups air popped popcorn 1 c. Raw veggies 1Y 1½R 1G	1 c. Raw veggies 2 Hard boiled eggs 1G 1R	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	2 c. Raw veggies Savory ricotta (add a drizzle of balsamic and everything bagel seasoning) 2G 1R
Dinner	Zucchini Lasagna 2G 1½R 1B	Air Fryer Shrimp Tacos (2 servings) Cauliflower Rice 2G ½P 2R 1Y 1B 1	BBQ Chicken Burger (lettuce wrapped, 2 burgers, no cheese on top) w/ ½ c. leftover Street corn (or sub a bun w/ your burger) + 2 c. fave steamed veggie 2G 2R 1Y ½B 1	Instant Pot Ramen Stir Fry (double veggies and meat, single noodles and sauce but can add extra coconut aminos, if needed) 2G 2R 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 ½	½ cup berries ½P	½ c. Berries w/ 2½ tsp nut butter ½P 2½	Vegan Chocolate Pudding 1 cup berries w/ 1½ tsp nut butter Treat swap (Ideas: can add choc chips to pudding or have wine with dinner) 1P 2 1Y