

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 10 | {Plan E - 2300 to 2499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">French Toast Sticks</a> Banana w/ 2 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2Y 2P 3  1G 1R	<a href="#">French Toast Sticks</a> Banana w/ 3½ tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2Y 2P 4½  1G 1R	Avocado Toast Banana w/ 4 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2P 2Y ½B 5  1G 1R	<a href="#">French Toast Sticks</a> Banana w/ 2 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2Y 2P 3  1G 1R	<a href="#">French Toast Sticks</a> Banana w/ 2 tsp nut butter <a href="#">Sheet Pan Breakfast</a> w/ added egg 2Y 2P 3  1G 1R
<b>Snack</b>	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P
<b>Lunch</b>	<a href="#">Chicken Salad</a> (w/o nuts) over mixed greens 16 whole grain crackers 1 c. sliced cucumbers 3G 1R ½P 1O 2Y	<a href="#">Chicken Salad</a> (w/o nuts) over mixed greens 8 whole grain crackers 1 c. sliced cucumbers 3G 1R ½P 1O 1Y	<a href="#">Chicken Salad</a> (w/o nuts) over mixed greens 8 whole grain crackers 1 c. sliced cucumbers 3G 1R ½P 1O 1Y	<a href="#">Chicken Salad</a> (w/o nuts) over mixed greens 8 whole grain crackers 1 c. sliced cucumbers 3G 1R ½P 1O 1Y	Egg Salad (made w/ avocado) over mixed greens 8 whole grain crackers 1 c. sliced cucumbers 1 c. grapes 3G 1R 1B 1Y 1P
<b>Snack</b>	3 Hard boiled eggs 1 c. Raw veggies 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
<b>Dinner</b>	<a href="#">Zucchini Lasagna</a> 2G 1½R 1B	<a href="#">Air Fryer Shrimp Tacos</a> (2 servings) Cauliflower Rice 2G ½P 2R 1Y 1B 1	<a href="#">BBQ Chicken Burger</a> (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	<a href="#">Instant Pot Ramen Stir Fry</a> (double veggies and meat, single noodles and sauce but can add extra coconut aminos, if needed) 2G 2R 1Y ½	<a href="#">Hibachi Chicken</a> (add 1 lb shrimp or steak) Brown rice 1G 2R 1O 1Y 2
<b>Snack</b>	<a href="#">Vegan Chocolate Pudding</a> 1½ cup berries w/ 2½ tsp nut butter 3 c. Air Popped popcorn w/ 1 tsp melted butter 1½P 4  1Y	<a href="#">Vegan Chocolate Pudding</a> 1 cup berries 3 c. Air Popped popcorn w/ 1 tsp melted butter 1P 1½  1Y	1½ cup berries 3 c. Air Popped popcorn w/ 1 tsp melted butter 1½P 1  1Y	1½ c. Berries w/ 2½ tsp nut butter 3 c. Air Popped popcorn w/ 1 tsp melted butter 1½P 3½  1Y	<a href="#">Vegan Chocolate Pudding</a> 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