

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 10 | {Plan F - 2500 to 2800 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/ 3 tsp nut butter Sheet Pan Breakfast w/ added egg 2Y 2P 4 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 16 whole grain crackers 1 c. sliced cucumbers 3G 1R ½P 1O 2Y	Chicken Salad (w/o nuts) over mixed greens 8 whole grain crackers 1 c. sliced cucumbers 3G 1R ½P 1O 1Y	Chicken Salad (w/o nuts) over mixed greens 8 whole grain crackers 1 c. sliced cucumbers 3G 1R ½P 1O 1Y	Chicken Salad (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 1½ c. sliced cucumbers 1 c. grapes 3½G 1R 1B 1Y 1P
Snack	3 Hard boiled eggs 2 c. Raw veggies 6 Ham or turkey slices 2½R 2G	2 c. Raw veggies 2 Hard boiled eggs 6 Ham or turkey slices 2G 2R	2 c. Raw veggies 2 Hard boiled eggs 6 Ham or turkey slices 2G 2R	2 c. Raw veggies w/ mashed avo or hummus 2 Hard boiled eggs 6 Ham or turkey slices 2G 2R 1B	2½ c. Raw veggies Savory ricotta (add a drizzle of balsamic and everything bagel seasoning) 6 Ham or turkey slices 2½G 2R
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) Brown rice 1G 2R 1O 1Y 2
Snack	Vegan Chocolate Pudding 1½ cup berries w/ 2½ tsp nut butter 3 c. Air Popped popcorn w/ 2 tsp melted butter 1½P 5 1Y	Vegan Chocolate Pudding 1 cup berries 3 c. Air Popped popcorn w/ 2 tsp melted butter 1P 2½ 1Y	1½ cup berries 3 c. Air Popped popcorn w/ 2 tsp melted butter 1½P 2 1Y	1½ c. Berries w/ 2½ tsp nut butter 3 c. Air Popped popcorn w/ 2 tsp melted butter 1½P 4½ 1Y	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