






















































































21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 5 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1  ½ Banana 1 	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1  ½ Banana 1 	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1  ½ Banana 1 	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1  ½ Banana 1 	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1  ½ Banana w/ nut butter 1  2½ 
Snack	Rice Cake w/ nut butter & seeds ½  ¾  2½ 	Rice Cake w/ nut butter & seeds ½  ¾  1½ 	Sliced apple w/ nut butter & seeds 1  ¾  2½  Raw Carrots & Celery 1 	Rice Cake w/ nut butter & seeds ½  ¾  1½ 	Greek yogurt w/ berries, sliced almonds, seeds & 1 tsp maple syrup 1  1  ½  1 
Lunch	Chicken Veggie Soup w/ parmesan cheese 2  1  ½ 	Leftover Spaghetti Squash w/ Meat Sauce (Top with parm cheese) 2  1  ½ 	Chicken Veggie Soup (no parmesan cheese) 2  1 	Chicken Veggie Soup w/ parmesan cheese 2  1  ½ 	Chicken Veggie Soup w/ parmesan cheese 2  1  ½ 
Snack	Shakeology (w/ water) OR Lunch Meat Roll Ups 6 slices 1 	Shakeology (w/ almond milk) OR Tuna w/ 1 tsp Mayo 1  1 	Shakeology (w/ water) OR Lunch Meat Roll Ups 6 slices 1 	Shakeology (w/ almond milk) OR Tuna w/ 1 tsp Mayo 1  1 	Shakeology (w/ water) OR Lunch Meat Roll Ups 6 slices 1 
Dinner	Spaghetti Squash w/ Meat Sauce (No parm cheese) 2  1 	Salsa Lime Chicken Over 1 c. spinach and ½ c. store bought Pico de Gallo 2  1 	Sausage Bean and Kale Skillet (can sub spinach) 1  1  ½  ½ 	Salsa Verde Pork w/ 1 ½ c. frozen broccoli 2  1 	Simple Stir Fry with Chicken and Veggies (Note: no rice; can sub shrimp for lent) w/ 1 c. frozen cauli rice 2  1  ½ 
Snack	Greek Yogurt w/ Homemade Granola and Berries 1  1  ½  ½  ¼  ½ 	Greek Yogurt w/ Homemade Granola and Berries 1  1  ½  ½  ¼  ½ 	Greek Yogurt w/ Homemade Granola and Berries 1  ½  ½  ¼  ½ 	Greek Yogurt w/ Homemade Granola and Berries 1  1  ½  ½  ¼  ½ 	Treat Swap 1 