

## 21 Day Fix | Ultimate Portion Fix

### Full Meal Plan Vol. 5 | {Plan B - 1500 to 1799 calories}

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