

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 5 | {Plan C - 1800 to 2099 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ Banana w/ nut butter 2♥ 2½🥄 Hardboiled Eggs 1♥	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ ½ Banana w/ nut butter 1♥ 1½🥄 Hardboiled Eggs 1♥	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ Banana w/ nut butter 2♥ 2½🥄 Hardboiled Eggs 1♥	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ ½ Banana w/ nut butter 1♥ 1½🥄 Hardboiled Eggs 1♥	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ Banana w/ nut butter 2♥ 2🥄 Hardboiled Eggs 1♥
Snack	Greek Yogurt w/ Homemade Granola and Berries 1♥ 1♥ ½🥄 ½🥄 ¼🥄 ½🥄 Raw Carrots & Celery 1♥	Rice Cake w/ nut butter & seeds ½🥄 ¾🥄 1½🥄 Raw Carrots & Celery 1♥	Greek Yogurt w/ Homemade Granola 1♥ ½🥄 ½🥄 ¼🥄 ½🥄 Sliced apple w/ nut butter & seeds 1♥ ¾🥄 2🥄	Rice Cake w/ nut butter & seeds ½🥄 ¾🥄 1½🥄 Raw Carrots & Celery 1♥	Greek Yogurt w/ Homemade Granola and Berries 1♥ 1♥ ½🥄 ½🥄 ¼🥄 ½🥄 Raw Carrots & Celery 1♥
Lunch	Chicken Veggie Soup w/ parmesan cheese 2♥ 1♥ ½🥄 Add brown rice to soup 1♥	Leftover Spaghetti Squash w/ Meat Sauce (Top with parm cheese) 2♥ 1♥ ½🥄	Chicken Veggie Soup (no parmesan cheese) 2♥ 1♥ Add brown rice to soup 1♥	Chicken Veggie Soup w/ parmesan cheese 2♥ 1♥ ½🥄 Add brown rice to soup 1♥	Chicken Veggie Soup w/ parmesan cheese 2♥ 1♥ ½🥄 Add brown rice to soup 1♥
Snack	Shakeology (w/ water) 1♥ OR Lunch Meat Roll Ups 6 slices 1♥ (both) Rice Cake w/ nut butter & seeds ½🥄 ¾🥄 2🥄	Shakeology w/ berries & almond milk OR Tuna w/ 1 tsp Mayo & Grapes 1♥ 1♥ 1🥄	Shakeology w/ water & spinach 1♥ 1♥ OR Lunch Meat Roll Ups 6 slices 1♥ Raw Carrots & Celery 1♥	Shakeology w/ berries & almond milk OR Tuna w/ 1 tsp Mayo & Grapes 1♥ 1♥ 1🥄	Shakeology (w/ water) 1♥ OR Lunch Meat Roll Ups 6 slices 1♥ (both) Rice Cake w/ nut butter & seeds ½🥄 ¾🥄 1½🥄
Dinner	Spaghetti Squash w/ Meat Sauce (No parm cheese) 2♥ 1♥	Salsa Lime Chicken Over 1 c. spinach & ½ c. Pico de Gallo 2♥ 1♥ Freezer Friendly Brown Rice 2♥	Sausage Bean and Kale Skillet (can sub spinach) 1♥ 1♥ ½🥄 ½🥄 1 c. frozen green beans 1♥	Salsa Verde Pork w/ 1 ½ c. frozen broccoli 2♥ 1♥ Freezer Friendly Brown Rice 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	Treat Swap 1♥	Greek Yogurt w/ Homemade Granola and Berries 1♥ 1♥ ½🥄 ½🥄 ¼🥄 ½🥄	Treat Swap 1♥	Greek Yogurt w/ Homemade Granola and Berries 1♥ 1♥ ½🥄 ½🥄 ¼🥄 ½🥄	Treat Swap 1♥