

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 5 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	[2 servings] "Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 2♥ Banana w/ nut butter 2♥ 2🥄 Hardboiled Eggs 1♥	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ Banana w/ nut butter 2♥ 1½🥄 Hardboiled Eggs 1♥	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ Banana w/ nut butter 2♥ 2🥄	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ Banana w/ nut butter 2♥ 1½🥄 Hardboiled Eggs 1♥	"Overnight" Instant Pot Steel Cut Oats w/ 1 tsp Maple Syrup 1♥ Banana w/ nut butter 1♥ 1½🥄 Hardboiled Eggs 1♥
Snack	Greek Yogurt w/ Homemade Granola and Berries 1♥ 1♥ ½♥ ½♥ ½♥ ¼♥ ½🥄	3 Rice Cakes w/ nut butter & seeds 1 ½♥ ¾♥ 3🥄	Greek Yogurt w/ Granola & Berries 1♥ 1♥ ½♥ ½♥ ¼♥ ½🥄 Raw Carrots & Celery 1♥	3 Rice Cakes w/ nut butter & seeds 1 ½♥ ¾♥ 3🥄	Greek Yogurt w/ Homemade Granola and Berries 1♥ 1♥ ½♥ ½♥ ½♥ ¼♥ ½🥄
Lunch	Chicken Veggie Soup w/ parmesan cheese [2 svgs soup, 1 svg cheese] 4♥ 2♥ ½♥ Apple w/ nut butter 1♥ 2½🥄	Leftover Spaghetti Squash w/ Meat Sauce (Top with parm cheese) [2 servings, 1 serving parm] 4♥ 2♥ ½♥ Apple w/ nut butter 1♥ 2🥄	Chicken Veggie Soup (no parmesan cheese) [2 servings] 4♥ 2♥ Apple w/ nut butter 1♥ 2🥄	Chicken Veggie Soup w/ parmesan cheese [2 svgs soup, 1 svg cheese] 4♥ 2♥ ½♥ Apple w/ nut butter 1♥ 2🥄	Chicken Veggie Soup w/ parmesan cheese [2 svgs soup, 1 svg cheese] 4♥ 2♥ ½♥ Apple w/ nut butter 1♥ 1½🥄
Snack	Shakeology (w/ water) 1♥ OR Lunch Meat Roll Ups 6 slices 1♥ (both) 3 Rice Cakes w/ nut butter & seeds ½♥ ¾♥ 3🥄	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) 3 Rice Cakes w/ nut butter & seeds ½♥ ¾♥ 3½🥄	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) 3 Rice Cakes w/ nut butter & seeds ½♥ ¾♥ 3½🥄
Dinner	Spaghetti Squash w/ Meat Sauce [2 servings] (No parm cheese) 4♥ 2♥	Salsa Lime Chicken Over 1 c. spinach & ½ c. Pico de Gallo 4♥ 2♥ Freezer Brown Rice 2♥ [2 servings of everything]	Sausage Bean and Kale Skillet [2 servings of skillet, only 1 w/ cheese] (can sub spinach) 2♥ 2♥ 1♥ ½♥ 1 c. frozen gr. beans 1♥	Salsa Verde Pork w/ 1 ½ c. frozen broccoli 4♥ 2♥ Freezer Brown Rice 2♥ [2 servings of everything]	Simple Stir Fry with Chicken and Veggies (Can sub shrimp for lent) w/ 1 c. frozen cauli rice [2 servings stir fry & cauli; 1 serving brown rice] 4♥ 2♥ 1♥ 1🥄
Snack	Treat Swap 1♥ Grapes 1♥	Greek Yogurt w/ Homemade Granola & Berries 1♥ 1♥ ½♥ ½♥ ½♥ ¼♥ ½🥄	Treat Swap 1♥ Grapes 1♥	Greek Yogurt w/ Homemade Granola & Berries 1♥ 1♥ ½♥ ½♥ ½♥ ¼♥ ½🥄	Treat Swap 1♥ Grapes 1♥