

## 21 Day Fix | Ultimate Portion Fix

### Full Meal Plan Vol. 11 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ¼P ½Y 1 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ¼P ½Y 1 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ¼P ½Y 1 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ¼P ½Y 1 1R	Veggie & Egg Scramble (cook w/ 1/2 tsp oil & use leftover veggies from the week) 1G 1R ½
<b>Snack</b>	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R	Shakeology <b>OR</b> Greek yogurt w/ cinnamon 1R
<b>Lunch</b>	<a href="#">Kale Caesar Salad</a> Apple 2G 1R ½B 1O 1P	<a href="#">Kale Caesar Salad</a> Apple w/ 2 tsp nut butter 2G 1R ½B 1O 1P 2	<a href="#">Kale Caesar Salad</a> Apple w/ 1 tsp nut butter 2G 1R ½B 1O 1P 1	<a href="#">Kale Caesar Salad</a> (choose Parm Whisps or shredded Parm, but not both) Apple w/ 1 ½ tsp nut butter 2G 1R ½B 1O 1P 1 ½	Leftover Jambalaya Apple 1G 1R 1Y 1 1P
<b>Snack</b>	8 Whole grain crackers w/ 2 Tbsp. mashed avo or hummus 1Y ½B	1 c. Raw veggies 1G	1 c. Raw veggies w/ 2 Tbsp. mashed avo or hummus 1G ½B	1 ¼ c. Raw veggies 1 ¼G	1 c. Raw veggies w/ ½ c. mashed avo or hummus 1G 1B
<b>Dinner</b>	<a href="#">Instant Pot Chicken and Dumplings</a> 2G 1R ½Y 2	<a href="#">Easy Taco Skillet</a> Topped with avocado or shredded cheese 1G 1R 1Y ½B	<a href="#">Instant Pot Jambalaya</a> 1G 1R 1Y 1	<a href="#">Chicken Parmesan Pasta</a> ¾G 1R 1Y ¾B ½	<a href="#">Instant Pot Ramen Noodles</a> 1G 1R 1Y 1
<b>Snack</b>	¾ cup grapes or berries ¾P	¾ cup grapes or berries 1 ½ c. air popped popcorn ¾P ½Y	¾ cup grapes or berries 1 ½ c. air popped popcorn ¾P ½Y	¾ cup grapes or berries 1 ½ c. air popped popcorn ¾P ½Y	1 cup grapes or berries <a href="#">Chocolate Chia Pudding</a> 1P 1O ½