

## 21 Day Fix | Ultimate Portion Fix

### Full Meal Plan Vol. 11 | {Plan B - 1500 to 1799 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 ½ large banana w/ 1 tsp nut butter 1¼P ½Y 2 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ½ large banana w/ 3 tsp nut butter 1¼P ½Y 4 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ½ large banana w/ 2 tsp nut butter 1¼P ½Y 3 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ½ large banana w/ 2⅔ tsp nut butter 1¼P ½Y 3⅓ 1R	Veggie & Egg Scramble (cook w/ 1/2 tsp oil & use leftover veggies from the week) ½ large banana w/ 1 tsp nut butter 1G 1R 1P 1½
<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 2G 1R ½B 1O 1P	<a href="#">Kale Caesar Salad</a> Apple 2G 1R ½B 1O 1P	<a href="#">Kale Caesar Salad</a> (choose Parm Whisps or shredded Parm, but not both) Apple 2G 1R ⅓B 1O 1P	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 8 Whole grain crackers 1G 1Y	1 c. Raw veggies w/ 2 Tbsp. mashed avo or hummus 1G ½B	1¼ c. Raw veggies 8 Whole grain crackers 1¼G 1Y	1 c. Raw veggies w/ ⅓ 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 ⅔B ⅓	<a href="#">Instant Pot Ramen Noodles</a> 1G 1R 1Y 1
<b>Snack</b>	¾ cup grapes or berries 3 c. air popped popcorn ¾P 1Y	¾ cup grapes or berries 1½ c. air popped popcorn ¾P ½Y	¾ cup grapes or berries 1½ c. air popped popcorn Treat Swap ¾P 1½Y	¾ cup grapes or berries 1½ c. air popped popcorn ¾P ½Y	1 cup grapes or berries <a href="#">Chocolate Chia Pudding</a> Treat Swap 1P 1O ½ 1Y