

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 11 | {Plan C - 1800 to 2099 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cranberry Orange Muffin (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ½ large banana w/ 1 tsp nut butter 1¼P ½Y 2 1R	Cranberry Orange Muffin (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ½ large banana w/ 3 tsp nut butter 1¼P ½Y 4 1R	Cranberry Orange Muffin (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ½ large banana w/ 2 tsp nut butter 1¼P ½Y 3 1R	Cranberry Orange Muffin (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon ½ large banana w/ 2¾ 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
Snack	Shakeology OR Greek yogurt w/ cinnamon 1R	Shakeology OR Greek yogurt w/ cinnamon 1R	Shakeology OR Greek yogurt w/ cinnamon 1R	Shakeology OR Greek yogurt w/ cinnamon 1R	Shakeology OR Greek yogurt w/ cinnamon 1R
Lunch	Kale Caesar Salad Apple 8 Whole grain crackers 2G 1R ½B 1O 1P 1Y	Kale Caesar Salad Apple 2G 1R ½B 1O 1P	Kale Caesar Salad Apple 2G 1R ½B 1O 1P	Kale Caesar Salad (choose Parm Whisps or shredded Parm, but not both) Apple 2G 1R ⅓B 1O 1P	Leftover Jambalaya* Apple 1G 1R 1Y 1 1P
Snack	8 Whole grain crackers w/ 2 Tbsp. mashed avo or hummus 1 c. Raw veggies 2 Hard boiled eggs 1Y ½B 1G 1R	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 12 Whole grain crackers 2 Hardboiled eggs 1¼G 1½Y 1R	1 c. Raw veggies w/ ⅓ c. mashed avo or hummus 1G 1B
Dinner	Instant Pot Chicken and Dumplings 2G 1R ½Y 2	Easy Taco Skillet Topped with avocado or shredded cheese (2 svgs*, ½ Blue total) 2G 2R 2Y ½B	Instant Pot Jambalaya (2 servings*) 2G 2R 2Y 2	Chicken Parmesan Pasta 1 c. steamed broccoli 1¾ G 1R 1Y ⅓B ⅓	Instant Pot Ramen Noodles (2 servings*) 2G 2R 2Y 2
Snack	¾ cup grapes or berries 3 c. air popped popcorn w/ 1 tsp melted butter ¾P 1Y 1	¾ cup grapes or berries 1½ c. air popped popcorn w/ 1 tsp melted butter ¾P ½Y 1	¾ cup grapes or berries 1½ c. air popped popcorn Treat Swap ¾P 1½Y	¾ cup grapes or berries 3 c. air popped popcorn w/ 1 tsp melted butter ¾P 1Y 1	1 cup grapes or berries Chocolate Chia Pudding Treat Swap 1P 1O ½ 1Y

*Depending on how many people will be eating these meals, you may need to 1.5 or 2x the recipes. Taco skillet recipe makes 4 servings, Jambalaya makes 6 servings, Ramen noodles makes 4 servings.