

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 11 | {Plan D - 2100 to 2299 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 Large banana w/ 1 tsp nut butter 2¼P ½Y 2 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon Large banana w/ 2 tsp nut butter 2¼P ½Y 3 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon Large banana w/ 2 tsp nut butter 2¼P ½Y 3 1R	<a href="#">Cranberry Orange Muffin</a> (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon Large banana w/ 2¾ tsp nut butter 2¼P ½Y 3¾ 1R	Veggie & Egg Scramble (4 eggs, 2 c. veggies, ½ tsp oil) Large banana w/ 2 tsp nut butter 2G 2R 2P 2½
<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> (add 1 cup greens & ¾ cup chicken) Apple 8 Whole grain crackers 3G 2R ½B 1O 1P 1Y	<a href="#">Kale Caesar Salad</a> (add 1 cup greens & ¾ cup chicken) Apple w/ 2 tsp nut butter 3G 2R ½B 1O 1P 2	<a href="#">Kale Caesar Salad</a> (add 1 cup greens & ¾ cup chicken) Apple 3G 2R ½B 1O 1P	<a href="#">Kale Caesar Salad</a> (choose Whisps or Parm) (add 1 cup greens & ¾ cup chicken) Apple 3G 2R ½B 1O 1P	Leftover Jambalaya* Apple 1G 1R 1Y 1 1P
<b>Snack</b>	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
<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 (2 svgs*, ½ Blue total) 2G 2R 2Y ½B	<a href="#">Instant Pot Jambalaya</a> (2 servings*) 2G 2R 2Y 2	<a href="#">Chicken Parmesan Pasta</a> 1 c. steamed broccoli 1¾ G 1R 1Y ⅔B ⅓	<a href="#">Instant Pot Ramen Noodles</a> (2 servings*) 2G 2R 2Y 2
<b>Snack</b>	¾ cup grapes or berries 3 c. air popped popcorn w/ 2 tsp melted butter ¾P 1Y 2	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 w/ 1 tsp melted butter Treat Swap ¾P 1½Y 1	¾ cup grapes or berries 3 c. air popped popcorn w/ 2 tsp melted butter ¾P 1Y 2	1 cup grapes or berries <a href="#">Chocolate Chia Pudding</a> 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.