

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 11 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	2 Cranberry Orange Muffins (can sub Apple muffin) w/ 2 eggs AND 4 slices turkey bacon Large banana w/ 2 tsp nut butter 2½P 1Y 4 2R	2 Cranberry Orange Muffins (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon Large banana w/ 2 tsp nut butter 2½P 1Y 4 1R	2 Cranberry Orange Muffins (can sub Apple muffin) w/ 2 eggs or 4 slices turkey bacon Large banana w/ 2 tsp nut butter 2½P 1Y 4 1R	2 Cranberry Orange Muffins (can sub Apple muffin) w/ 2 eggs AND 4 slices turkey bacon Large banana w/ 2 tsp nut butter 2½P 1Y 4 2R	Veggie & Egg Scramble (4 eggs, 2 c. veggies, ½ tsp oil) Large banana w/ 2 tsp nut butter 2G 2R 2P 2½
Snack	Shakeology w/ ¼ c. berries OR Greek Yogurt w/ ¼ c. berries AND Raw veggies or add greens to shakeo 1R ¾P 1G	Shakeology w/ ¼ c. berries OR Greek Yogurt w/ ¼ c. berries AND Raw veggies or add greens to shakeo 1R ¾P 1G	Shakeology w/ ¼ c. berries OR Greek Yogurt w/ ¼ c. berries AND Raw veggies or add greens to shakeo 1R ¾P 1G	Shakeology w/ ¼ c. berries OR Greek Yogurt w/ ¼ c. berries AND Raw veggies or add greens to shakeo 1R ¾P 1G	Shakeology w/ 1 c. berries OR Greek Yogurt w/ 1 c. berries AND Raw veggies or add greens to shakeo 1R 1P 1G
Lunch	Kale Caesar Salad (add 1 cup greens & ¾ cup chicken) Apple 8 Whole grain crackers 3G 2R ½B 1O 1P 1Y	Kale Caesar Salad (add 1 cup greens & ¾ cup chicken) Apple w/ 2 tsp nut butter 3G 2R ½B 1O 1P 2	Kale Caesar Salad (add 1 cup greens & ¾ cup chicken) Apple 3G 2R ½B 1O 1P	Kale Caesar Salad (choose Whisps or Parm) (add 1 cup greens & ¾ cup chicken) Apple w/ 1½ tsp nut butter 8 Whole grain crackers 3G 2R ½B 1O 1P 1½ 1Y	Leftover Jambalaya* Apple w/ 2 tsp nut butter 1G 1R 1Y 3 1P
Snack	12 Whole grain crackers w/ 2 Tbsp. mashed avo or hummus 2 c. Raw veggies 2 Hard boiled eggs 1½Y ½B 2G 1R	2 c. Raw veggies 8 Whole grain crackers 2 Hard boiled eggs 2G 1Y 1R	2 c. Raw veggies w/ 2 Tbsp. mashed avo or hummus 2 Hard boiled eggs 2G ½B 1R	2¼ c. Raw veggies 8 Whole grain crackers 2 Hard Boiled eggs 2¼G 1Y 1R	2 c. Raw veggies w/ ⅓ c. mashed avo or hummus 8 whole grain crackers 2 Hard boiled eggs 2G 1B 1Y 1R
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 1¼ G 1R 1Y ⅔B ⅓	Instant Pot Ramen Noodles (2 servings*) 2G 2R 2Y 2
Snack	¾ cup grapes or berries 3 c. air popped popcorn w/ 2 tsp melted butter ¾P 1Y 2	¾ cup grapes or berries 3 c. air popped popcorn w/ 2 tsp melted butter ¾P 1Y 2	¾ cup grapes or berries 3 c. air popped popcorn w/ 2 tsp melted butter Treat Swap ¾P 2Y 2	¾ cup grapes or berries 3 c. air popped popcorn w/ 2 tsp melted butter ¾P 1Y 2	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.