

## 21 Day Fix | Ultimate Portion Fix

### Full Meal Plan Vol. 12 | {Plan C - 1800 to 2099 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Mini French Toast Casserole Cups</a> (2 cups) <a href="#">Sheet Pan Breakfast</a> topped with 1 egg ½P 2Y 1½R 1G 1🥄	<a href="#">Mini French Toast Casserole Cups</a> (2 cups) <a href="#">Sheet Pan Breakfast</a> topped with 1 egg ½P 2Y 1½R 1G 1🥄	<a href="#">Mini French Toast Casserole Cups</a> (2 cups) <a href="#">Sheet Pan Breakfast</a> topped with 1 egg ½P 2Y 1½R 1G 1🥄	<a href="#">Mini French Toast Casserole Cups</a> (2 cups) <a href="#">Sheet Pan Breakfast</a> topped with 1 egg ½P 2Y 1½R 1G 1🥄	<a href="#">Mini French Toast Casserole Cups</a> (2 cups) ½P 1Y ½R
<b>Snack</b>	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P	Shakeology w/ fruit <b>OR</b> Greek yogurt w/ berries 1R 1P
<b>Lunch</b>	Snack Tray Lunch: <a href="#">Everthing Bagel Chicken Tenders w/ Maple Mustard Sauce</a> 1½ c. raw veggies 1 string cheese 1½G 1R ½B 1O	Snack Tray Lunch: <a href="#">Everthing Bagel Chicken Tenders w/ Maple Mustard Sauce</a> 2 c. raw veggies 2G 1R 1O	Leftover <a href="#">Mexican Lasagna</a> (topped with avocado) 1G 1R 1Y 1B	Snack Tray Lunch: <a href="#">Everthing Bagel Chicken Tenders w/ Maple Mustard Sauce</a> 2¼ c. raw veggies 2¼G 1R 1O	Snack Tray Lunch: <a href="#">Everthing Bagel Chicken Tenders w/ Maple Mustard Sauce</a> 2 c. raw veggies 1 string cheese 2G 1R ½B 1O
<b>Snack</b>	<a href="#">Roasted Acorn Squash w/ sweet whipped ricotta</a> (rounded ⅓ c. ricotta) 2½ Tbsp. sliced almonds 1G ½R ½B 1🥄	<a href="#">Roasted Acorn Squash w/ sweet whipped ricotta</a> (rounded ⅓ c. ricotta) 1G ½R 1🥄	1½ c. Raw veggies w/ <a href="#">maple mustard sauce</a> 1½G 1O	<a href="#">Roasted Acorn Squash w/ sweet whipped ricotta</a> (½ c. ricotta) 1G ¾R 1🥄	<a href="#">Roasted Acorn Squash w/ sweet whipped ricotta</a> (rounded ⅓ c. ricotta) 2½ Tbsp. sliced almonds 1G ½R ½B 1🥄
<b>Dinner</b>	<a href="#">Chicken Pot Pie</a> w/ 1 c. green beans 1½G 1R 1Y 1½🥄	<a href="#">Mexican Lasagna</a> (topped with avocado) 1G 1R 1Y 1B	<a href="#">Chicken Marsala</a> w/ 1 c. green beans ½ c. Brown rice 1½G 1R 1Y 1🥄	<a href="#">Homemade Hamburger Helper</a> ¾G ¾R 1Y 1B	<a href="#">Shrimp Risotto</a> (2 servings) 2G 2R 2Y 2🥄
<b>Snack</b>	1½ cup grapes or berries 1 <a href="#">Mini PB cup</a> 3 c. Air Popped Popcorn 1½P 1Y 1½🥄	1½ cup grapes or berries 2 <a href="#">Mini PB cups</a> 3 c. Air Popped Popcorn 1½P 1Y 3🥄	1½ cup grapes or berries 2 <a href="#">Mini PB cups</a> Rounded ⅓ c. Sweet Whipped Ricotta 1½P 3🥄 ½R	1½ cup grapes or berries 2 <a href="#">Mini PB cup</a> 3 c. Air Popped Popcorn 1½P 1Y 3🥄	1¼ c. plain strawberries + 2 <a href="#">Chocolate Covered Strawberries</a> (no toppings) 1½P 1Y 2🥄