

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 14 | **Prep Checklist**

Sunday:

- Preheat your oven to 425 degrees . Cook [Turkey Bacon](#) and chicken for [Mason Jar Salads](#). Bacon will likely finish first, depending on how thick your chicken is.
- While that is cooking, make a batch of [quinoa](#) and [Hard boiled eggs](#). I love using my Instant Pot for both of these, so I would start with the quinoa, then do the eggs. If you have an Air Fryer, you can make [Air Fryer Hard Boiled Eggs](#).
- After you get your quinoa going, mix up a batch of [Apple Muffins](#). After the chicken and bacon are finished, pop these in to bake.
- While your baking supplies are out, put together dry ingredients for the cornbread topping for the [Taco Chili Cornbread Skillet](#). Store this in your pantry until Tuesday.
- While your muffins are baking, make the dressing for the [Mason Jar Salads](#).
- Next, wash and dry greens, then assemble [Mason Jar Salads](#).
- Ok - here's the not so fun part of prepping, but it makes a HUGE difference. Put on some fun music, listen to an audiobook, or put on your favorite show and grab a good, sharp knife. Wash and chop the following veggies for dinners:

Listed by Veggie

Dice:

- 1 ½ cups chopped celery
- 2 cups chopped carrots
- 3 cups onion
- 2 cup bell pepper (2 peppers)

Mince:

- 10 cloves of garlic

Veggies Listed by Recipe

- [Chicken Pot Pie Soup](#)
 - 1 cup chopped celery
 - 2 cups chopped carrots
 - 1 cup onion, diced (about 1 small onion)
 - 2–3 cloves of garlic, minced
- [Taco Chili Cornbread Skillet](#)
 - 1 cup diced yellow onion
 - 3 cloves garlic, minced
 - 2 cup diced bell pepper (2 peppers)

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- [Acorn Squash w/ Sausage, Quinoa, + Apple](#)
 - ½ onion, diced up small
 - ½ cup of thinly diced celery (about 2 stalks)
 - 2 cloves of garlic, minced
- [Pumpkin Pasta with Spicy Sausage](#)
 - ½ cup diced onion
 - 2 cloves of garlic, minced

- Prep any additional snacks that you might need to take to work/school, then store everything in the fridge and pat yourself on the back for a job well done.
- If you have extra time and want to make ONE of your meals for the week, I would make the [Taco Chili](#) [Cornbread Skillet](#) just because the bake time is almost a half hour. But honestly, all of these dinners will be fairly easy to put together and mostly hands off, thanks to the chopped veggies!

Monday:

- [Chicken Pot Pie Soup](#) comes together much quicker than it sounds, especially with prepped veggies. The only thing you need to chop is the potatoes!
- BONUS PREP FOR FRIDAY - (Optional) peel and dice up the potatoes that you need for the soup. Get the soup into the pot. Before cleaning up, slice up the potatoes you need for Friday's [Homemade French Fries](#) and follow the freezing instructions!
- Dessert! Make a batch of the [Chocolate Pumpkin Cups](#). Store the extra pumpkin in a jar or container in the fridge for Thursday.

Tuesday:

- Again, you have your veggies prepped and the dry ingredients for the cornbread topping prepped, so this recipe will come together fairly quickly!

Wednesday:

- Your quinoa is made and your veggies are prepped - YAY! But we will make life a little easier for our Thursday-selves with some extra prep.
- BONUS PREP FOR THURSDAY: When you are browning the chicken sausage for the squash, make an additional pound for the pumpkin pasta. Store in the fridge until tomorrow.

Thursday:

- No prep needed for this quick and easy dinner - just grab those chopped veggies and prepped sausage and go!

Friday:

- Love when I have freezer fries ready to go! This [My Fave Burger + Burger Sauce](#) and [Homemade French Fries](#) combo is a meal we often eat on Fridays.