

21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 15 | Prep Checklist

Sunday:

- Wash and dry your veggies from your grocery haul. Soak (if that's your thing), wash, and lay berries out to dry if you are using fresh.
- Preheat your oven to 400 degrees.
- Grab a good knife and cutting board and start chopping veggies for your sheet pan breakfast. (You need to make 1.5 batches):
 - 1/2 red onion, roughly chopped
 - 3 cups of diced butternut squash
 - 3 cups Brussels sprouts, chopped or quartered
- Get it assembled and into your oven.
- While you have your cutting board out, chop veggies for dinners, as many of these ingredients overlap:
 - 3 onions, chopped
 - ½ small onion cut into thick slices - I would just use the other half of the red onion from the Sheet Pan Breakfast for this! It's for the hibachi chicken and that would work well. Or you could chop it for the Chicken Parm Pasta. But don't let it go to waste!
 - 1½ cups carrots, diced
 - 1½ cups celery, diced
 - 10 cloves garlic, minced
 - 4 cups zucchini sliced in half moons (about 1 large or 2 small zucchini) [Brackets C-F use 6 cups or 3 small zucchini)
 - 2 bell peppers, diced
 - 1 jalapeno, seeded and diced (can chop extra to top Mexican Lasagna if you want!)
 - 2 cups (8oz) baby bella mushrooms sliced (tip - store these wrapped in a dry paper towel to absorb excess moisture!)
 - [Brackets E + F only] 14 cups cauliflower rice - about 3 large heads (can use frozen or rough chop fresh and put it in the food processor to create cauli rice)
- Double prep - the [Chicken Tortilla Soup](#) and [Mexican Lasagna](#) have a similar flavor profile, so I like to prep them at the same time, especially if I am using the Instant Pot. Using the Instant Pot saute function (or just a pot or pan), cook the meat and veggies for the [Mexican Lasagna](#), then remove the mixture from the pot into a bowl. [Note: Brackets E + F add 4 cups of cauliflower rice to lasagna meat when cooking].
- Cook the [Chicken Tortilla Soup](#) for lunches next. [Note: Brackets C-F should make a double batch so that you have enough to have 2 portions each day. There will be a lot leftover so portion and freeze the extras for a quick lunch in the future!] This is a dump and go recipe, especially since you have your veggies chopped! After it cools, portion into glass containers or mason jars for lunch and package up your toppings. [Note: Brackets E + F should add 6 cups of cauliflower rice per batch when cooking the soup]
- While the soup is cooking, layer up the [Mexican Lasagna](#), but don't bake. Cover and store it in the fridge until Tuesday.
- Prep [Chocolate Chia Pudding](#) for desserts.
- Savory ricotta - this is a snack option on all plans. Ricotta is super yummy on its own as a savory dip,

but I love adding fresh herbs like basil or chives, balsamic glaze, salt and garlic powder, or the easiest and best - adding a sprinkle of everything bagel seasoning and calling it a day. It pairs so well with veggies and crackers! If you want to prep this ahead, it will keep!

- Store remaining prepped veggies in glass containers or ziplock bags to use through the week in your meals.
- 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.

Monday:

- [Sausage Lentil Soup](#) is quick and delicious - and even better when it's prepped ahead, so if you can make it on Sunday or earlier in the day, that's awesome. If not, it will still be insanely delicious and a great lunch for Tuesday. It's very easy to throw this together when you just get your veggies chopped on Sunday, so pat yourself on the back for getting that done!

Tuesday:

- Pop your [Mexican Lasagna](#) in the oven and enjoy a yummy, easy meal.

Wednesday:

- [Asian Chicken Thighs](#) is a super easy Instant Pot or Crock Pot meal. While prepping this dinner, make extra rice so you have it for Friday.

Thursday:

- Another crazy easy dinner - I know as my week goes on, the days start to fly. That's why I love easy Instant Pot dinners like this [Chicken Parmesan Pasta](#) on a Thursday.
- [Sweet ricotta](#) - use this recipe to prepare the sweet ricotta for Friday's snack while your Instant Pot is coming to pressure!

Friday:

- Take out fake out - [Hibachi Chicken](#) is a reader favorite and a quick, but delicious meal for a Friday. Don't forget to use your extra rice from Wednesday! Enjoy!