

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 16 | {Plan B - 1500 to 1799 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Healthier Cheesy Hashbrown Casserole</a> w/ 2 eggs or 4 slices turkey bacon 1R 1Y ½B 1	<a href="#">Healthier Cheesy Hashbrown Casserole</a> w/ 2 eggs or 4 slices turkey bacon 1R 1Y ½B 1	<a href="#">Healthier Cheesy Hashbrown Casserole</a> w/ 2 eggs or 4 slices turkey bacon 1R 1Y ½B 1	<a href="#">Healthier Cheesy Hashbrown Casserole</a> w/ 2 eggs or 4 slices turkey bacon 1R 1Y ½B 1	<a href="#">Healthier Cheesy Hashbrown Casserole</a> w/ 2 eggs or 4 slices turkey bacon 1R 1Y ½B 1
<b>Snack</b>	Shakeology or other protein shake w/ ½ lg banana, 1 c. frozen zucchini/cauli rice/or b-nut squash, and 2 Tbsp flax or hemp seeds 1G 1R 1P 1O	Shakeology or other protein shake w/ ½ lg banana, 1 c. frozen zucchini/cauli rice/or b-nut squash, and 2 Tbsp flax or hemp seeds 1G 1R 1P 1O	Shakeology or other protein shake w/ ½ lg banana, 1 c. frozen zucchini/cauli rice/or b-nut squash 1G 1R 1P	Shakeology or other protein shake w/ ½ lg banana, 1 c. frozen zucchini/cauli rice/or b-nut squash, and 2 Tbsp flax or hemp seeds 1G 1R 1P 1O	Shakeology or other protein shake w/ ½ lg banana, 1 c. frozen zucchini/cauli rice/or b-nut squash, and 2 Tbsp flax or hemp seeds 1G 1R 1P 1O
<b>Lunch</b>	<a href="#">Ground Chicken Stir Fry with Green Beans</a> 1G 1R ½	<a href="#">Ground Chicken Stir Fry with Green Beans</a> 1G 1R ½	<a href="#">Ground Chicken Stir Fry with Green Beans</a> 1G 1R ½	<a href="#">Ground Chicken Stir Fry with Green Beans</a> ½ c. brown rice 1G 1R 1Y ½	Meatless Zucchini Boat w/ ¾ c. ricotta or cottage cheese, 2½ Tbsp parm cheese 1½G 1R ½B
<b>Snack</b>	Apple ½ c. celery sticks 1½ tsp nut butter 1P ½G 1½	Apple 2 tsp nut butter 1P 2	Apple 1 c. celery sticks 1 tsp nut butter 1P 1G 1	Apple 1 tsp nut butter 1 c. celery sticks 1P 1G 1	Apple ½ c. celery sticks 1P ½G
<b>Dinner</b>	<a href="#">Zucchini Lasagna Boats</a> ½ c. pasta w/ 1 tsp oil 1½G 1R ½B 1Y 1	<a href="#">Salsa Verde Chicken Soup</a> top w/ 2½ Tbsp cheese or diced avo and Homemade Tortilla Strips 2G 1R 2Y ½B ½	<a href="#">Air Fryer Chicken Tenders w/ EBS and maple mustard sauce</a> 1 c. Roasted broccoli w/ ½ tsp oil and 2½ Tbsp parm cheese ½ c. brown rice w/ 1 tsp butter 1G 1R ½B 1O 1Y 1½	<a href="#">1P Meatloaf and Mashed Potatoes</a> or <a href="#">Momma's Meatloaf</a> (top Momma's veggies w/ 1½ tsp butter) top both versions w/ 2½ Tbsp parm or mozz 1G 1R 1Y ½B 1½	<a href="#">Air Fryer Shrimp with Crispy Brussels Sprouts</a> ½ c. brown rice w/ 1 tsp butter 1G 1R 1Y 3
<b>Snack</b>	1 c. berries 2 <a href="#">Monster Cookies</a> or other treat swap 1P 1Y	1 c. berries Decaf Hot Tea 1P	1 c. berries 2 <a href="#">Monster Cookies</a> or other treat swap 1P 1Y	1 c. berries Decaf Hot Tea 1P	1 c. berries 2 <a href="#">Monster Cookies</a> or other treat swap 1P 1Y