Confessions of a Fit Foodie
eat clean. get fit. be happy.

21 Day Fix | Ultimate Portion Fix
Full Meal Plan Vol. 16| {**Plan D** - 2100 to 2299 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthier Cheesy Hashbrown Casserole w/ 2 eggs or 4 slices turkey bacon ½ lg. banana 1R 1Y ½B 1P 1	Healthier Cheesy Hashbrown Casserole w/ 2 eggs or 4 slices turkey bacon ½ lg. banana 1R 1Y ½B 1P 1	Healthier Cheesy Hashbrown Casserole w/ 2 eggs or 4 slices turkey bacon ½ lg. banana 1R 1Y ½B 1P 1	Healthier Cheesy Hashbrown Casserole w/ 2 eggs or 4 slices turkey bacon ½ lg. banana 1R 1Y ½B 1P 1	Healthier Cheesy Hashbrown Casserole w/ 2 eggs or 4 slices turkey bacon ½ lg. banana 1R 1Y ½B 1P 1
Snack	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
Lunch	Ground Chicken Stir Fry with Green Beans 1G 1R ½	Ground Chicken Stir Fry with Green Beans ½ c. brown rice 1G 1R 1Y ½	Ground Chicken Stir Fry with Green Beans 1G 1R ½	Ground Chicken Stir Fry with Green Beans 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
Snack	Apple w/ 1½ tsp nut butter Deli meat stuffed pepper halves [6 slices nitrate free turkey or ham, 1 pepper, 1 tsp mayo + 1 tsp mustard] 1P 1G 1R 2½	Apple w/ 3 tsp nut butter 1 c. celery sticks Deli meat stuffed pepper halves [6 slices nitrate free turkey or ham, 1 pepper, 1 tsp mayo + 1 tsp mustard] 1P 2G 1R 4	Apple w/ 1 tsp nut butter 1 c. celery sticks Deli meat stuffed pepper halves [6 slices nitrate free turkey or ham, 1 pepper, 1 tsp mayo + 1 tsp mustard] 1P 2G 1R 2	Apple w/ ½ tsp nut butter 1 c. celery sticks Deli meat stuffed pepper halves [6 slices nitrate free turkey or ham, 1 pepper, 1 tsp mayo + 1 tsp mustard] 1P 2G 1R 1½	Apple ½ c. celery sticks Deli meat stuffed pepper halves [6 slices nitrate free turkey or ham, 1 pepper, 1 tsp mayo + 1 tsp mustard] 1P 1½G 1R 1
Dinner	(2 servings, use ½ amount parm and mozz) Zucchini Lasagna Boats 1 c. pasta w/ 2 tsp oil 3G 2R ½B 2Y 2	Salsa Verde Chicken Soup top w/ 2½ Tbsp cheese or diced avo and Homemade Tortilla Strips 2G 1R 2Y ½B ½	(2 svg chicken, 1 svg sauce) AirFryer Chicken Tenders w/ EBS maple mustard sauce 2 c. Roasted broccoli w/ 1 tsp oil and 2½ Tbsp parm cheese 1 c. br. rice w/ 1½ tsp butter 2G 2R ½B 1O 2Y 2½	(2 servings) IP Meatloaf and Mashed Potatoes or Momma's Meatloaf (top Momma's veggies w/ 1½ tsp butter) top both versions w/ 2½ Tbsp parm or mozz 2G 2R 2Y ½B 3	(2 servings) Air Fryer Shrimp with Crispy Brussels Sprouts ½ c. brown rice 2G 2R 2Y 4
Snack	1 c. berries 2 Monster Cookies or other treat swap 1P 1Y	1 c. berries w/ ¾ c. Greek yogurt 1P 1R	1 c. berries 2 Monster Cookies or other treat swap 1P 1Y	1 c. berries Decaf Hot Tea 1P	1 c. berries 2 Monster Cookies or other treat swap 1P 1Y