

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 16 | Prep Checklist

Sunday:

- Wash and dry your veggies and fruit from your grocery haul.
- Preheat your oven to 350 degrees.
- Grab a good knife and cutting board and prep ingredients for the [Healthier Cheesy Hashbrown Casserole](#):
 - Dice 1 onion
 - Thaw hash browns
 - Prep the cream of chicken soup
- Assemble the rest of the casserole, and get it into the preheated oven.
- While you have your cutting board out, chop veggies for dinners, as many of these ingredients overlap:
 - 1¼ onions, diced
 - 6 cloves garlic, minced
 - Broccoli, washed and cut into florets (about 4 cups worth)
 - Wash and trim green beans
 - 3 zucchini, hallowed out for [Lasagna Zucchini Boats](#). Freeze the pulp for shakes.
- Prep eggs or turkey bacon for breakfasts. [Bracket F prep BOTH]
- Bake [Monster Cookies](#) for desserts while your oven is hot.
- [Brackets B-F] Prep a batch of [brown rice](#) for the week. You will need 1½ cups cooked for Bracket B and 3 cups cooked for Brackets C-F.
- Prep lunches if you work out of the home or don't have time on Monday. This [Ground Chicken Stir Fry w/ Green Beans](#) is so fast, especially with prepped veggies.
- Finally, prep the Maple Mustard Sauce for Wednesday's dinner.
- Store remaining prepped veggies in glass containers or ziplock bags to use through the week in your meals.
- *[Brackets C-F] Dinner on M/W/Th/F calls for 2 servings. When prepping and chopping, double check if you will have to double a recipe in order to feed the rest of the people in your home AND have 2 servings of your own.

Monday:

- Preheat oven to 400.
- [Lasagna Zucchini Boats](#) - place the hallowed out zucchini boats into the oven. While it's cooking, prepare meat, then stir up the cheese filling. While assembling the boats, prepare one for Friday's lunch. This can be made meatless if you are observing lent. Just do not include the meat as the first layer.

Tuesday:

- [Salsa Verde Chicken Soup](#) can be made in the crock pot, instant pot, or stovetop. Plan accordingly. This is basically a dump and go recipe, and the earlier in the day you make it, the yummiest it will be.

Wednesday:

- Preheat the oven to 400°F and line a baking sheet with parchment paper. Toss broccoli with 2 tsp olive oil and salt, then roast for 20-25 minutes or until crispy and tender.
- While your broccoli is cooking, get your [Chicken in the Air Fryer](#) (or oven)
- Serve with prepped maple mustard sauce and top broccoli with cheese of your choice.
- Midweek Prep:
 - Before cleaning up dinner, mix up the meatloaf for tomorrow's dinner. Store in an airtight container or large ziplock bag.

Thursday:

- Peel potatoes, then finish prepping the meatloaf. This dinner takes a little bit, but it's mostly hands off.
 - Oven recipe: [Momma's Meatloaf](#)
 - Instant Pot recipe: [IP Meatloaf and Mashed Potatoes](#)

Friday:

- Both the [Air Fryer Shrimp](#) and the [Crispy Brussels Sprouts](#) cook fast, so enjoy a delicious and YUMMY dinner in less than 30 minutes!