

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 17 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Low Carb Cauliflower Hashbrowns</a> w/ 2 slices turkey bacon 1R 1G 1🥄	<a href="#">Low Carb Cauliflower Hashbrowns</a> w/ 2 slices turkey bacon 1R 1G 1🥄	½ large banana and 4 slices turkey bacon 1P 1R	<a href="#">Low Carb Cauliflower Hashbrowns</a> w/ 2 slices turkey bacon 1R 1G 1🥄	½ large banana w/ 2½ tsp nut butter and 4 slices turkey bacon 1P 1R 2½🥄
<b>Snack</b>	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R
<b>Lunch</b>	<a href="#">Chicken Quinoa Mediterranean Bowl</a> (1½ Tbsp hummus OR cheese) 2G 1R ½Y ⅓B 1O	<a href="#">Chicken Quinoa Mediterranean Bowl</a> (1½ Tbsp hummus, 1 Tbsp cheese) 2G 1R ½Y ⅓B 1O	<a href="#">Chicken Quinoa Mediterranean Bowl</a> (No olives, 2 Tbsp hummus, 1½ Tbsp cheese) 2G 1R ½Y ⅓B	Leftover <a href="#">Cauliflower Taco Meat</a> in 1 Corn Tortilla + 1 c. Mini Bell Peppers topped with 1½ Tbsp shredded cheese 2G 1R ½Y ⅓B	<a href="#">Chicken Quinoa Mediterranean Bowl</a> (No Quinoa, 1½ Tbsp hummus OR cheese) 2G 1R ⅓B 1O
<b>Snack</b>	1 c. cubed watermelon 1P	1 c. cubed watermelon 1P	1 c. sliced cucumbers 1G	1 c. cubed watermelon 1P	1 c. cubed watermelon 1P
<b>Dinner</b>	<a href="#">Balsamic Chicken and Zucchini Skewers</a> (add additional ½ Tbsp feta on top) with <a href="#">Corn on the Cob</a> 1G 1R 1Y ⅓B 1🥄	3 <a href="#">Hidden Cauliflower Taco Meat</a> Tacos (Made with ground chicken or turkey) topped w/ 2½ Tbsp cheddar or mexican cheese 1G 1R 1½Y ½B	<a href="#">Hibachi Steak</a> with ½ c. <a href="#">Brown rice</a> 1G 1R 1Y 1O 2🥄	<a href="#">Sticky Air Fryer Salmon Bites</a> Bowl (½ c. <a href="#">Brown rice</a> w/ ½ tsp butter, ½ c. Cauli Rice, ¼ c. diced cucumbers, ¼ c. shredded carrots, 1½ Tbsp avocado) 1G 1R 1Y ⅓B 1O 1🥄	<a href="#">Burger Bowls with Special Sauce</a> (use 2 Tbsp Cheese + 1½ Tbsp avocado) 2G 1R 1Y ⅓B ½🥄
<b>Snack</b>	<a href="#">Berry Crisp</a> 1P ½Y ⅓B 1🥄	½ large banana w/ 2 tsp nut butter 1P 2🥄	<a href="#">Berry Crisp</a> 1P ½Y ⅓B 1🥄	<a href="#">Berry Crisp</a> 1P ½Y ⅓B 1🥄	Treat Swap 1Y