

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 17 | {Plan C - 1800 to 2099 calories}

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