

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 17 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low Carb Cauliflower Hashbrowns w/ 4 slices turkey bacon 1 slice toast w/ 1 tsp butter 1½R 1G 1Y 2	Low Carb Cauliflower Hashbrowns w/ 4 slices turkey bacon 1 slice toast w/ 1 tsp butter 1½R 1G 1Y 2	Low Carb Cauliflower Hashbrowns w/ 4 slices turkey bacon 1½R 1G 1	Low Carb Cauliflower Hashbrowns w/ 4 slices turkey bacon 1 slice toast w/ 1 tsp butter 1½R 1G 1Y 2	Low Carb Cauliflower Hashbrowns w/ 4 slices turkey bacon 1 slice toast w/ 1 tsp butter 1½R 1G 1Y 2
Snack	Shakeology with 1 c. berries + 1 c. greens or frozen butternut squash OR ¾ c. Greek yogurt w/ 1 c. berries and 10 baby carrots 1R 1P 1G	Shakeology with 1 c. berries + 1 c. greens or frozen butternut squash OR ¾ c. Greek yogurt w/ 1 c. berries and 10 baby carrots 1R 1P 1G	Shakeology with 1 c. berries + 1 c. greens or frozen butternut squash OR ¾ c. Greek yogurt w/ 1 c. berries and 10 baby carrots 1R 1P 1G	Shakeology with 1 c. berries + 1 c. greens or frozen butternut squash OR ¾ c. Greek yogurt w/ 1 c. berries and 10 baby carrots 1R 1P 1G	Shakeology with 1 c. berries + 1 c. greens or frozen butternut squash OR ¾ c. Greek yogurt w/ 1 c. berries and 10 baby carrots 1R 1P 1G
Lunch	Chicken Quinoa Mediterranean Bowl (1½ Tbsp hummus OR cheese, 1½ c. chicken, 2 c. greens) 1 c. cubed watermelon 3G 2R ½Y ⅓B 1O 1P	Chicken Quinoa Mediterranean Bowl (1½ Tbsp hummus OR cheese, 1½ c. chicken, 2 c. greens) 1 c. cubed watermelon 3G 2R ½Y ⅓B 1O 1P	Chicken Quinoa Mediterranean Bowl (No olives, 2 T hummus, 1½ Tbsp cheese, 1½ c. chicken, 2 c. greens) 1 c. cubed watermelon 3G 2R ½Y ⅓B 1P	1½ c. Leftover Cauliflower Taco Meat in 1 Corn Tortilla + 1½ c. Mini Bell Peppers, 1½ Tbsp shredded cheese 1 c. cubed watermelon 3G 2R ½Y ⅓B 1P	Chicken Quinoa Mediterranean Bowl (1½ Tbsp hummus OR cheese, 1½ c. chicken, 2 c. greens) 2 c. cubed watermelon 3G 2R ½Y ⅓B 1O 2P
Snack	1 c. sliced cucumbers or bell peppers 2 rice cakes w/ 3 tsp nut butter + 1 large banana 3 hard boiled eggs 1G 2P 1½R 1Y 3	1 c. sliced cucumbers or bell peppers 2 rice cakes w/ 4 tsp nut butter + 1 large banana 3 hard boiled eggs 1G 2P 1½R 1Y 4	1 c. cubed watermelon 1 c. sliced cucumbers 2 rice cakes w/ 3 tsp nut butter + 1 large banana 3 hard boiled eggs 1G 2P 1½R 1Y 3	1 c. sliced cucumbers or bell peppers 2 rice cakes w/ 3 tsp nut butter + 1 large banana 3 hard boiled eggs 1G 2P 1½R 1Y 3	1 c. sliced cucumbers or bell peppers 2 rice cakes w/ 4½ tsp nut butter + 1 large banana 3 hard boiled eggs 1G 1Y 2P 1½R 4½
Dinner	Balsamic Chicken and Zucchini Skewers (add additional ½ Tbsp feta) 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 (double the veggies) with ½ c. Brown rice 2G 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 3 c. air popped popcorn w/ 1 tsp melted butter 1P 1½Y ⅓B 2	Berry Crisp 3 c. air popped popcorn w/ 1 tsp melted butter 1P 1½Y ⅓B 2	Treat Swap + Berry Crisp 3 c. air popped popcorn w/ 1 tsp melted butter 1P 2½Y ⅓B 2	Berry Crisp 3 c. air popped popcorn w/ 1 tsp melted butter 1P 1½Y ⅓B 2	Treat Swap + 1½ c. air popped popcorn w/ 1 tsp melted butter 1½Y 1