














21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 18 | {Plan B - 1500 to 1799 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Maple Chicken Breakfast Sausage with PB Banana Overnight Oats (½ lg banana + 1 tsp nut butter) 1P 1R 1Y 1¼ 	Maple Chicken Breakfast Sausage with PB Banana Overnight Oats (½ lg banana + 1 tsp nut butter) 1P 1R 1Y 1¼ 	Maple Chicken Breakfast Sausage with PB Banana Overnight Oats (½ lg banana + ¼ tsp nut butter) 1P 1R 1Y 1 	Maple Chicken Breakfast Sausage with Apple Cinnamon Overnight Oats (½ c. diced apple + extra cinnamon) ½P 1R 1Y ¼ 	Maple Chicken Breakfast Sausage with Apple Cinnamon Overnight Oats (½ c. diced apple + extra cinnamon) ½P 1R 1Y ¼ 
Snack	Shakeology or other protein shake with 1 c. berries OR ¾ c. Greek yogurt with 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake with 1 c. berries OR ¾ c. Greek yogurt with 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake with 1 c. berries OR ¾ c. Greek yogurt with 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake with 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and cinnamon Add 2 Tbsp chia, ground flax or hemp to either 1R 1P 1O	Shakeology or other protein shake with 1 c. berries OR ¾ c. Greek yogurt with 1 c. berries and ground cinnamon 1R 1P
Lunch	Chicken Salad with Grapes over 1 c. greens and ½ c. apple slices 1G 1R 1P 1O	Chicken Salad with Grapes over 1 c. greens and ½ c. apple slices 8 whole grain crackers 1G 1R 1P 1O 1Y	Chicken Salad with Grapes over 1 c. greens and ½ c. apple slices 8 whole grain crackers 1G 1R 1P 1O 1Y	Leftover Italian Stuffed Peppers 1 c. apple slices 2G 1R 1B 1P	Chicken Salad with Grapes over 1 c. greens and ½ c. apple slices 1G 1R 1P 1O
Snack	10 baby carrots 8 whole grain crackers 1G 1Y	10 baby carrots 1 c. celery sticks 2G	15 baby carrots w/ ⅓ c. mashed avocado or hummus 1½G 1B	15 baby carrots 1½G	15 baby carrots 1½G
Dinner	Italian Stuffed Peppers and ½ c. pasta w/ 1 tsp butter 2G 1R 1B 1Y 1 	Taco Casserole with lettuce wrap top w/ ⅓ c diced avocado 1G 1R 1Y 1B	IP Chicken Marsala w/ ½ c. pasta and 1 c. steamed green beans 1½G 1R 1Y 1 	Italian Pork Chops with Parmesan Roasted Baby Potatoes ½G 1R 1Y 2 	Cheeseburger Soup 1½G 1R 1Y 1B 1 
Snack	Healthy Brownie top w/ ¼ tsp nut butter 1¾ 	Healthy Brownie top w/ ¼ tsp nut butter 2¾ 	Healthy Brownie w/ 1 tsp nut butter 2 	Treat Swap Healthy Brownie top w/ ¼ tsp nut butter ½ c. berries or grapes ½P 1Y 1¾ 	Treat Swap Healthy Brownie top w/ ¼ tsp nut butter ½ c. berries or grapes 1Y 2¾ ½P 