

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 18 | {Plan D - 2100 to 2299 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Maple Chicken Breakfast Sausage with PB Banana Overnight Oats (1 lg banana + 2 tsp nut butter) 2P 1R 1Y 2¼	Maple Chicken Breakfast Sausage with PB Banana Overnight Oats (1 lg banana + 2 tsp nut butter) 2P 1R 1Y 2¼	Maple Chicken Breakfast Sausage with PB Banana Overnight Oats (1 lg banana + 1¼ tsp nut butter) 2P 1R 1Y 2	Maple Chicken Breakfast Sausage w/ Apple Cinn Overnight Oats (½ c. diced apple + extra cinnamon) ½ lg banana 1½P 1R 1Y ¼	Maple Chicken Breakfast Sausage w/ Apple Cinn Overnight Oats (½ c. diced apple + extra cinnamon) ½ lg banana 1½P 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 2 c. greens and ½ c. apple slices 8 whole grain crackers 2G 1R 1P 1O 1Y	Chicken Salad with Grapes over 2 c. greens and ½ c. apple slices 2G 1R 1P 1O	Chicken Salad with Grapes over 2 c. greens and ½ c. apple slices 8 whole grain crackers 2G 1R 1P 1O 1Y	Leftover Italian Stuffed Peppers and ½ c. pasta w/ 1 tsp butter 1 c. apple slices 2G 1R 1B 1P 1Y 1	Chicken Salad with Grapes over 2 c. greens and ½ c. apple slices 2G 1R 1P 1O
Snack	10 baby carrots 8 whole grain crackers 2 HB eggs 1G 1Y 1R	10 baby carrots 1 c. celery sticks 2 HB eggs 2G 1R	15 baby carrots w/ ½ c. mashed avo or hummus 2 HB eggs 1½G 1B 1R	15 baby carrots 2 HB eggs 1½G 1R	10 baby carrots 2 HB eggs 1G 1R
Dinner	(1 ½ servings) Italian Stuffed Peppers (use 1 c. cheese on whole recipe) and ½ c. pasta w/ 1 tsp butter 3G 2R 1B 1Y 1	(2 servings) Taco Casserole w/ ½ c. lettuce 2 corn tortillas or 1 whole grain tortilla top w/ ⅓ c. diced avocado 2G 2R 3Y 1B	(2 servings) 1P Chicken Marsala w/ 1 c. pasta and 1½ c. steamed green beans 2½G 2R 2Y 2	(2 servings) Italian Pork Chops with Parmesan Roasted Baby Potatoes and 1½ c. steamed green beans 2½G 2R 1Y 3	(2 servings) Cheeseburger Soup (make a double batch but use 1⅓ c. cheese total) 3G 2R 2Y 1B 2
Snack	Healthy Brownie top w/ 1¼ tsp nut butter 2¾	Healthy Brownie top w/ 2¾ tsp nut butter 3¾	Healthy Brownie w/ 1 tsp nut butter 2	Treat Swap Healthy Brownie top w/ ¾ tsp nut butter ½ c. berries or grapes ½P 1Y 1¼	Treat Swap Healthy Brownie top w/ 2¾ tsp nut butter ½ c. berries or grapes 1Y 3¾ ½P