

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 18 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Maple Chicken Breakfast Sausage</a> with PB Banana <a href="#">Overnight Oats</a> (1 lg banana + 2 tsp nut butter) 2P 1R 1Y 2¼	<a href="#">Maple Chicken Breakfast Sausage</a> with PB Banana <a href="#">Overnight Oats</a> (1 lg banana + 2 tsp nut butter) 2P 1R 1Y 2¼	<a href="#">Maple Chicken Breakfast Sausage</a> with PB Banana <a href="#">Overnight Oats</a> (1 lg banana + 1¼ tsp nut butter) 2P 1R 1Y 2	<a href="#">Maple Chicken Breakfast Sausage</a> w/ Apple Cinn <a href="#">Overnight Oats</a> (½ c. diced apple + cinn) ½ lg banana 1½P 1R 1Y ¼	<a href="#">Maple Chicken Breakfast Sausage</a> w/ Apple Cinn <a href="#">Overnight Oats</a> (½ c. diced apple + cinn) ½ lg banana 1½P 1R 1Y ¼
<b>Snack</b>	Shakeology or protein shake w/ 1 c berries and 1 c. frozen spinach <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries + cinnamon and 1 c. sliced cucumbers or peppers 1R 1P 1G	Shakeology or protein shake w/ 1 c berries and 1 c. frozen spinach <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries + cinnamon and 1 c. sliced cucumbers or peppers 1R 1P 1G	Shakeology or protein shake w/ 1 c berries and 1 c. frozen spinach <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries + cinnamon and 1 c. sliced cucumbers or peppers 1R 1P 1G	Shakeology or protein shake w/ 1 c. berries and 1 c. frozen spinach <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries + cinnamon and 1 c. sliced cucumbers or peppers 2 Tbsp flax, chia, or hemp 1R 1P 1O 1G	Shakeology or protein shake w/ 1 c berries and 1 c. frozen spinach <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries + cinnamon and 1 c. sliced cucumbers or peppers 1R 1P 1G
<b>Lunch</b>	<a href="#">Chicken Salad with Grapes</a> over 2 c. greens and ½ c. apple slices 8 whole grain crackers 2G 1R 1P 1O 1Y	<a href="#">Chicken Salad with Grapes</a> over 2 c. greens and ½ c. apple slices 8 whole grain crackers 2G 1R 1P 1O 1Y	<a href="#">Chicken Salad with Grapes</a> over 2 c. greens and ½ c. apple slices 6 whole grain crackers 2G 1R 1P 1O 2Y	Leftover <a href="#">Italian Stuffed Peppers</a> 1 c. pasta w/ 1 tsp butter 1 c. apple slices 2G 1R 1B 1P 2Y 1	<a href="#">Chicken Salad with Grapes</a> over 2 c. greens and ½ c. apple slices 8 whole grain crackers 2G 1R 1P 1O 1Y
<b>Snack</b>	10 baby carrots 8 whole grain crackers 2 HB eggs 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2G 1Y 2R 1	10 baby carrots 1 c. celery sticks 2 HB eggs 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 3G 2R 1	15 baby carrots w/ ⅓ c. mashed avo or hummus 2 HB eggs 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2½G 1B 2R 1	15 baby carrots 2 HB eggs 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2½G 2R 1	10 baby carrots 2 HB eggs 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2G 2R 1
<b>Dinner</b>	(1 ½ servings) <a href="#">Italian Stuffed Peppers</a> (use 1 c. cheese on whole recipe) and 1 c. pasta w/ 1 tsp butter 3G 2R 1B 2Y 1	(2 servings) <a href="#">Taco Casserole</a> w/ ½ c. lettuce 2 corn tortillas or 1 whole grain tortilla top w/ ⅓ c. diced avocado 2G 2R 3Y 1B	(2 servings) <a href="#">IP Chicken Marsala</a> w/ 1 c. pasta and 1½ c. steamed green beans 2½G 2R 2Y 2	(2 servings) <a href="#">Italian Pork Chops</a> with <a href="#">Parmesan Roasted Baby Potatoes</a> and 1½ c. steamed green beans 2½G 2R 1Y 3	(2 servings) <a href="#">Cheeseburger Soup</a> (make a double batch but use 1⅓ c. cheese total) 3G 2R 2Y 1B 2
<b>Snack</b>	<a href="#">Healthy Brownie</a> top w/ 2¾ tsp nut butter 1 c. berries or grapes ¾ 1P	<a href="#">Healthy Brownie</a> top w/ 3¾ tsp nut butter 1 c. berries or grapes ¾ 1P	<a href="#">Healthy Brownie</a> w/ 2 tsp nut butter 1 c. berries or grapes ¾ 1P	Treat Swap <a href="#">Healthy Brownie</a> top w/ 1¾ tsp nut butter 1½ c. berries or grapes 1½P 1Y 2¾	Treat Swap <a href="#">Healthy Brownie</a> top w/ 3¾ tsp nut butter 1½ c. berries or grapes 1Y ¾ 1½P