

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 19 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheesy Bacon Breakfast Bites ½G 1R ½B	Cheesy Bacon Breakfast Bites ½G 1R ½B	Cheesy Bacon Breakfast Bites ½G 1R ½B	Cheesy Bacon Breakfast Bites ½G 1R ½B	Cheesy Bacon Breakfast Bites ½G 1R ½B
Snack	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P
Lunch	Hidden Cauliflower Taco Meat Taco Salad 1 c. Romaine, ¼ c. matchstick carrots 1 Tbsp Salsa + 1 Tbsp Greek Yogurt 10 Tortilla Chips 2¼G 1R 1½Y	Leftover Lasagna Soup NO mozzarella or parm ¼ cup of extra spinach mixed in 1½ G 1R ½Y ½	Hidden Cauliflower Taco Meat Taco Salad 1¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 6 Tortilla Chips, 2½ Tbsp shredded cheese or mashed avo 2½G 1R 1Y ½B	Hidden Cauliflower Taco Meat Taco Salad 1¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 6 Tortilla Chips, 2½ Tbsp shredded cheese or mashed avo 2½G 1R 1Y ½B	Hidden Cauliflower Taco Meat Taco Salad 1¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 6 Tortilla Chips 2½G 1R 1Y
Snack	½ lg. Banana ½ tsp nut butter 1P ½	½ lg. Banana ½ tsp nut butter 1P ½	½ lg. Banana ½ tsp nut butter 1P ½	½ lg. Banana ½ tsp nut butter 1P ½	½ lg. Banana 1P
Dinner	Lasagna Soup 1¼G 1R ½Y ½B ½	Stuffed Pepper Skillet with ¾ c. brown rice 2G 1R 1½Y ½B	Asian Chicken Meatballs with 1 c. Green Beans ½ c. Brown Rice 1G 1R 1Y ½	Air Fryer Whole Chicken with ½ c. Mashed Potatoes 1 c. Sauteed Zucchini 1G 1R 1Y ½	Buffalo Chicken Pizza (use ½ amt of cheese) w/ 1 c. side salad 1G 1R 1Y ½B 1
Snack	Healthy Samoas Cookie Bar 10 2	Healthy Samoas Cookie Bar 10 2	Healthy Samoas Cookie Bar 10 2	Healthy Samoas Cookie Bar 10 2	Healthy Samoas Cookie Bar 10 2