

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 19 | {Plan D - 2100 to 2299 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Cheesy Bacon Breakfast Bites</a> 1 slice Toast or ½ English Muffin w/ 1 tsp butter ½G 1R ½B 1Y 1🥄	<a href="#">Cheesy Bacon Breakfast Bites</a> 1 slice Toast or ½ English Muffin w/ 1 tsp butter ½G 1R ½B 1Y 1🥄	<a href="#">Cheesy Bacon Breakfast Bites</a> 1 slice Toast or ½ English Muffin w/ 1 tsp butter ½G 1R ½B 1Y 1🥄	<a href="#">Cheesy Bacon Breakfast Bites</a> 1 slice Toast or ½ English Muffin w/ 1 tsp butter ½G 1R ½B 1Y 1🥄	<a href="#">Cheesy Bacon Breakfast Bites</a> 1 slice Toast or ½ English Muffin w/ 1 tsp butter ½G 1R ½B 1Y 1🥄
<b>Snack</b>	Shakeology or other protein shake w/ 1 c. berries <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake w/ 1 c. berries <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake w/ 1 c. berries <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake w/ 1 c. berries <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P	Shakeology or other protein shake w/ 1 c. berries <b>OR</b> ¾ c. Greek yogurt w/ 1 c. berries and ground cinnamon 1R 1P
<b>Lunch</b>	<a href="#">Hidden Cauliflower Taco Meat Taco Salad</a> (Double meat in recipe, keep rest same) 2 c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 10 Tortilla Chips 3½G 2R 1½Y	Leftover <a href="#">Lasagna Soup</a> NO mozzarella or parm ¼ cup of extra spinach mixed in 2 c. side salad w/ 1 tsp oil 3½ G 1R ½Y 1½🥄	<a href="#">Hidden Cauliflower Taco Meat Taco Salad</a> (Double meat in recipe, keep rest same) 2¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 6 Tortilla Chips, 2½ Tbsp shredded cheese or mashed avo 3½G 2R 1Y ½B	<a href="#">Hidden Cauliflower Taco Meat Taco Salad</a> (Double meat in recipe, keep rest same) 2¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 6 Tortilla Chips, 2½ Tbsp shredded cheese or mashed avo 3½G 2R 1Y ½B	<a href="#">Hidden Cauliflower Taco Meat Taco Salad</a> (Double meat in recipe, keep rest same) 2¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 6 Tortilla Chips 3½G 2R 1Y
<b>Snack</b>	1 lg. Banana 1½ tsp nut butter ½ small baked sweet potato 2P 1Y 1½🥄	1 lg. Banana 1½ tsp nut butter ½ small baked sweet potato 2P 1Y 1½🥄	1 lg. Banana 2½ tsp nut butter ½ small baked sweet potato 2P 1Y 2½🥄	1 lg. Banana 2 tsp nut butter ½ small baked sweet potato 2P 1Y 2🥄	1 lg. Banana 1 tsp nut butter 2P 1🥄
<b>Dinner</b>	<a href="#">Lasagna Soup</a> 1 c. side salad w/ 1 tsp oil 2½G 1R ½Y ½B 1½🥄	<a href="#">Stuffed Pepper Skillet</a> with ¾ c. <a href="#">brown rice</a> 2G 1R 1½Y ½B	<a href="#">Asian Chicken Meatballs</a> with 2 c. Green Beans ½ c. <a href="#">Brown Rice</a> 2G 1R 1Y ½🥄	<a href="#">Air Fryer Whole Chicken</a> with ½ c. <a href="#">Mashed Potatoes</a> 2 svgs <a href="#">Sautéed Zucchini</a> 2G 1R 1Y 1🥄	<a href="#">Buffalo Chicken Pizza</a> (use ½ amt of cheese) 1 c. side salad w/ 1 tsp oil 2G 1R 1Y ½B 2🥄
<b>Snack</b>	<a href="#">Healthy Samoas Cookie Bar</a> ¾ c. cottage cheese w/ 1 c. berries, 1 tsp maple syrup and cinnamon 1O 2🥄 1R 1P	<a href="#">Healthy Samoas Cookie Bar</a> 1½ c. cottage cheese w/ 1 c. berries, 1 tsp maple syrup and cinnamon 1O 2🥄 2R 1P	<a href="#">Healthy Samoas Cookie Bar</a> ¾ c. cottage cheese w/ 1 c. berries and cinnamon 1O 2🥄 1R 1P	<a href="#">Healthy Samoas Cookie Bar</a> ¾ c. cottage cheese w/ 1 c. berries, 1 tsp maple syrup and cinnamon 1O 2🥄 1R 1P	<a href="#">Healthy Samoas Cookie Bar</a> Treat Swap ¾ c. cottage cheese w/ 1 c. berries, 1 tsp maple syrup and cinnamon 1O 2🥄 1Y 1R 1P