

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 3 | {Plan C - 1800 to 2099 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Very Berry Overnight Oats topped w/ 2 Tbsp seeds Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 1O 1🥄	Apple Cinnamon Overnight Oats w/ 2 tsp nut butter Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 3½🥄	Very Berry Overnight Oats Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 1🥄	Apple Cinnamon Overnight Oats w/ 2¼ tsp nut butter Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 3¾🥄	Very Berry Overnight Oats topped w/ 2 Tbsp seeds Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 1O 1🥄
Snack	Protein shake w/ 1 c. berries and 2¼ tsp nut butter OR 2 Hardboiled Eggs & Apple w/ 2¼ tsp nut butter 1R 1P 2¼🥄	Protein shake w/ 1 c. berries and 2 Tbsp seeds OR ¾ c. Greek yogurt w/ 2 Tbsp seeds 1R 1P 1O	Protein shake w/ 1 c. berries and 2½ tsp nut butter OR 2 Hardboiled Eggs & Apple w/ 2½ tsp nut butter 1R 1P 2½🥄	Protein shake w/ 1 c. berries and 2 Tbsp seeds OR ¾ c. Greek yogurt w/ 2 Tbsp seeds 1R 1P 1O	Protein shake w/ 1 c. berries and 1⅓ tsp nut butter OR 2 Hardboiled Eggs & Apple w/ 1⅓ tsp nut butter 1R 1P 1⅓🥄
Lunch	Chicken Veggie Ranch Mason Jar Salad (w/o optional cheese) ½ lg. banana w/ 1 tsp nut butter 2G 1R 1P 1🥄	BLT Mason Jar Salad ½ lg. banana w/ 1 tsp nut butter 2G 1R 1P 1🥄	Chicken Veggie Ranch Mason Jar Salad (w/ optional cheese) ½ lg. banana w/ 1 tsp nut butter 2G 1R ½B 1P 1🥄	BLT Mason Jar Salad ½ lg. banana w/ 1 tsp nut butter 2G 1R 1P 1🥄	Leftover Baked Ziti ½ lg. banana w/ 1 tsp nut butter 1¼G 1R 1Y 1B 1⅓🥄 1P
Snack	1½ c. Raw Veggies 8 whole grain crackers 1½G 1Y	1⅓ c. Raw Veggies w/ ⅓ c. Mashed Avocado 8 whole grain crackers 1⅓G 1Y ½B	¾ c. Greek Yogurt w/ ½ c. berries 2 Tbsp seeds and 1 tsp maple syrup 1R ½P 1O	¾ c. Raw Veggies 8 whole grain crackers ¾G 1Y	1¼ c. Raw Veggies 1¼G
Dinner	Pulled Pork w/ Maple BBQ Sauce with Butternut Squash Mac and Cheese ½G 1R 1Y 1B ¾🥄	Flank Steak Tacos topped w/ ⅓ c. avocado ⅔G 1R 1Y ½B ½🥄	Instant Pot Caprese Chicken w/ 1 c. green beans and ½ c. brown rice 2G 1R 1Y ½B ½🥄	Baked Ziti (Add cheese to make full blue) 1¼G 1R 1Y 1B ⅓🥄	Asian Chicken w/ ½ c. green beans and ½ c. brown rice 1½G 1R 1Y 1🥄
Snack	Whipped Ricotta w/ ½ c. of your fave fruit ½P 1R	Whipped Ricotta w/ ½ c. of your fave fruit ½P 1R	Treat Swap 1Y	Whipped Ricotta w/ ½ c. of your fave fruit ½P 1R	Whipped Ricotta w/ ½ c. of your fave fruit ½P 1R