

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 20 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	One Pan Blueberry Baked Oatmeal (with rounded 1 tsp PB drizzled on top) 1P 1Y 1½	One Pan Blueberry Baked Oatmeal (with rounded 1 tsp PB drizzled on top) 1P 1Y 1½	One Pan Blueberry Baked Oatmeal (with rounded 1 tsp PB drizzled on top) 1P 1Y 1½	One Pan Blueberry Baked Oatmeal 1P 1Y ⅓	One Pan Blueberry Baked Oatmeal (with rounded ⅔ tsp PB drizzled on top) 1P 1Y 1
Snack	Shakeology or other protein shake w/ 1 c. fruit OR ¾ c. Greek yogurt w/ 1 c. fruit 1R 1P	Shakeology or other protein shake w/ 1 c. fruit OR ¾ c. Greek yogurt w/ 1 c. fruit 1R 1P	Shakeology or other protein shake w/ 1 c. fruit OR ¾ c. Greek yogurt w/ 1 c. fruit 1R 1P	Shakeology or other protein shake w/ 1 c. fruit OR ¾ c. Greek yogurt w/ 1 c. fruit 1R 1P	Shakeology or other protein shake w/ 1 c. fruit OR ¾ c. Greek yogurt w/ 1 c. fruit 1R 1P
Lunch	Copycat Panera Fuji Apple Salad 1½G 1R 1B 1O	Copycat Panera Fuji Apple Salad (no cheese) 1½G 1R ½B 1O	Copycat Panera Fuji Apple Salad 1½G 1R 1B 1O	Copycat Panera Fuji Apple Salad (half the cheese) 1½G 1R ¾B 1O	Copycat Panera Fuji Apple Salad (no cheese) 1½G 1R ½B 1O
Snack	Snack Box: 2 hard boiled eggs, ½ c. snap peas, 8 whole grain or GF crackers ½G 1R 1Y	Snack Box: 2 hard boiled eggs, 1 c. snap peas, 8 whole grain or GF crackers 1G 1R 1Y	Snack Box: 2 hard boiled eggs, ¼ c. dill pickles, 1 ¼ c. snap peas 1½G 1R	Snack Box: 2 hard boiled eggs, ¼ c. dill pickles, 1 ¼ c. snap peas 1½G 1R	Snack Box: 2 hard boiled eggs, 1 c. snap peas 1G 1R
Dinner	Chicken Veggie Soup (without optional cheese) 2G 1R	One Pan Taco Zucchini Skillet 1½G 1R ½B	Easy Bourbon Chicken w/ 1 c. steamed green beans ½ c. Brown Rice 1G 1R 1Y	Chicken Scaloppini w/ ½ c. brown rice and 1 c. sautéed zucchini 1G 1R 1Y ¼B 1½	Big Mac Tacos w/ ¼ c. shredded lettuce 1 c. pan seared or raw bell peppers 1½G 1R 1Y ½B ½
Snack	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon 1½	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon 1½	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon 1½	Mini Reese's PB Cup or rounded 1 tsp frozen PB on a spoon (if you choose the PB Cup, you will be a smidge over tsp for the day) 1½	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon 1½