

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 20 | {Plan B - 1500 to 1799 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	One Pan Blueberry Baked Oatmeal (with rounded 2 tsp PB drizzled on top) 1P 1Y 2½	One Pan Blueberry Baked Oatmeal (with rounded 2 tsp PB drizzled on top) 1P 1Y 2½	One Pan Blueberry Baked Oatmeal (with rounded 1 tsp PB drizzled on top) 1P 1Y 1½	One Pan Blueberry Baked Oatmeal (with 2/3 tsp PB drizzled on top) 1P 1Y 1	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, 8 whole grain or GF crackers 1½G 1R 1Y	Snack Box: 2 hard boiled eggs, 1 c. snap peas 1G 1R
Dinner	Chicken Veggie Soup (without optional cheese) 8 whole grain or GF crackers 2G 1R 1Y	One Pan Taco Zucchini Skillet w/ 12 Homemade Tortilla Chips 1½G 1R 1Y ½B	Easy Bourbon Chicken and 1 c. sauteed green beans in 1 tsp oil ½ c. Brown Rice 1G 1R 1Y 1	Chicken Scaloppini w/ ½ c. brown rice and 1 c. sauteed zucchini 1G 1R 1Y ¼B 1½	Big Mac Tacos w/ ¼ c. shredded lettuce 1 c. sauteed bell peppers w/ 1 tsp oil 1½G 1R 1Y ½B 1½
Snack	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon 1 c. apple slices 1P 1½	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon 1 c. apple slices 1P 1½	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon Treat Swap 1 c. apple slices 1P 1Y 1½	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon 1 c. apple slices 1P 1½	Mini Reese's PB Cup or 1½ tsp frozen PB on a spoon Treat Swap 1 c. apple slices 1P 1Y 1½