

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 20 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	One Pan Blueberry Baked Oatmeal (with rounded 2 tsp PB drizzled on top) 4 slices Turkey Bacon 1 hard boiled egg 1 c. sauteed peppers and onions in 1 tsp oil 1G 1P 1½R 1Y 3½	One Pan Blueberry Baked Oatmeal (with rounded 2 tsp PB drizzled on top) 4 slices Turkey Bacon 1 hard boiled egg 1 c. sauteed peppers and onions in 1 tsp oil 1G 1P 1½R 1Y 3½	One Pan Blueberry Baked Oatmeal (with rounded 1 tsp PB drizzled on top) 2 slices Turkey Bacon 1 hard boiled egg 1 c. sauteed peppers and onions in 1 tsp oil 1G 1P 1R 1Y 2½	One Pan Blueberry Baked Oatmeal (with rounded 1 tsp PB drizzled on top) 2 slices Turkey Bacon 1 hard boiled egg 1 c. sauteed peppers and onions in 1 tsp oil 1G 1P 1R 1Y 2½	One Pan Blueberry Baked Oatmeal (with rounded ¾ tsp PB drizzled on top) 4 slices Turkey Bacon 1 hard boiled egg 1 c. sauteed peppers and onions in 1 tsp oil 1G 1P 1½R 1Y 2
Snack	Protein shake w/ 1 c. fruit + 1 c. greens OR ¾ c. Greek yogurt w/ 1 c. fruit and 1 c. sliced cucumbers 1R 1P 1G	Protein shake w/ 1 c. fruit + 1 c. greens OR ¾ c. Greek yogurt w/ 1 c. fruit and 1 c. sliced cucumbers 1R 1P 1G	Protein shake w/ 1 c. fruit + 1 c. greens OR ¾ c. Greek yogurt w/ 1 c. fruit and 1 c. sliced cucumbers 1R 1P 1G	Protein shake w/ 1 c. fruit + 1 c. greens OR ¾ c. Greek yogurt w/ 1 c. fruit and 1 c. sliced cucumbers 1R 1P 1G	Protein shake w/ 1 c. fruit + 1 c. greens OR ¾ c. Greek yogurt w/ 1 c. fruit and 1 c. sliced cucumbers 1R 1P 1G
Lunch	Copycat Panera Fuji Apple Salad 10 baby carrots w/ 2 tsp PB 12 whole grain or GF crackers 2½G 1R 1½Y 1B 1O 2	Copycat Panera Fuji Apple Salad (no cheese) 15 baby carrots w/ 2 tsp PB 12 whole grain or GF crackers 3G 1R 1½Y ½B 1O 2	Copycat Panera Fuji Apple Salad 10 baby carrots w/ 1 tsp PB 2½G 1R 1B 1O 1	Copycat Panera Fuji Apple Salad (no cheese) 10 baby carrots 8 whole grain or GF crackers 2½G 1R 1Y ½B 1O	Copycat Panera Fuji Apple Salad (no cheese) 15 baby carrots w/ 2 tsp PB 8 whole grain or GF crackers 3G 1R 1Y ½B 1O 2
Snack	Snack Box: 3 hard boiled eggs, ¼ c. dill pickles, 1 ¼ c. snap peas, 12 whole grain or GF crackers 2 c. berries or grapes 6 slices of deli meat 1½G 2P 2½R	Snack Box: 3 hard boiled eggs, ¼ c. dill pickles, 1 ¼ c. snap peas, 12 whole grain or GF crackers 2 c. berries or grapes 6 slices of deli meat 1½G 2P 2½R	Snack Box: 2 hard boiled eggs, ¼ c. dill pickles, 1 ¼ c. snap peas 2 c. berries or grapes 6 slices of deli meat 1½G 2P 2R	Snack Box: 2 hard boiled eggs, ¼ c. dill pickles, 1 ¼ c. snap peas 2 c. berries or grapes 6 slices of deli meat 1½G 2P 2R	Snack Box: 3 hard boiled eggs, ¼ c. dill pickles, 1 ¼ c. snap peas, 12 whole grain or GF crackers 2 c. berries or grapes 6 slices of deli meat 1½G 2P 2½R
Dinner	Chicken Veggie Soup (without optional cheese) 12 whole grain or GF crackers 2G 1R 1½Y	One Pan Taco Zucchini Skillet w/ 18 Homemade Tortilla Chips 1½G 1R 1½Y ½B	Easy Bourbon Chicken (2 servings) and 2 c. sauteed green beans in 2 tsp oil and 1 c. Brown Rice 2G 2R 2Y 2	Chicken Scaloppini (2 servings) w/ 1 c. brown rice and 1 c. sauteed zucchini 2G 2R 2Y ½B 3	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 spoon 1 c. apple slices 3 c. air popped popcorn w/ 1 tsp melted butter 1P 1Y 2½	Mini Reese's PB Cup or 1½ tsp frozen PB on spoon 1 c. apple slices 3 c. air popped popcorn w/ 1 tsp melted butter 1P 1Y 2½	Mini Reese's PB Cup or 1½ tsp frozen PB on spoon Treat Swap 1 c. apple slices 3 c. air popped popcorn w/ 1 tsp melted butter 1P 2Y 2½	Mini Reese's PB Cup or 1½ tsp frozen PB on spoon 1 c. apple slices 3 c. air popped popcorn w/ 1 tsp melted butter 1P 1Y 2½	Mini Reese's PB Cup or 1½ tsp frozen PB on spoon Treat Swap 1 c. apple slices 3 c. air popped popcorn w/ 1 tsp melted butter 1P 2Y 2½