

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 20 | **Prep Checklist**

Sunday:

- Breakfast Prep:** If your Monday mornings are busy, prep your [One Pan Blueberry Baked Oatmeal](#). This recipe is really fast no matter when you make it!
 - [Plans C-F] Prepare turkey bacon [in the oven](#) or [in the air fryer](#). Cool completely and store in an airtight container in the fridge until you need it. You can always make a batch mid week for the end of the week if you want.

- Prep snack boxes**, including hard boiled eggs. Tip - use [my Instant Pot](#) or [Air Fryer method](#) to keep this easy peasy.

- Make [Mini Reese's PB Cup](#)**

- Lunch Prep:** [Copycat Panera Fuji Apple Salad](#)
 - If you are making your own chicken: season chicken breast with salt, pepper, and garlic powder and spray with cooking spray. Line a sheet pan with parchment paper and cook chicken for 20-25 minutes at 400 degrees (time varies depending on thickness).
 - Shortcut: use store bought precooked rotisserie chicken
 - Allow chicken to cool. Freeze half of the chicken for the remainder of the week to ensure freshness.
 - Prep dressing
 - If you are repackaging your lunch for the week, assemble salads in meal prep containers, paying attention to the [spreadsheet](#) as some of the toppings vary day to day, based on the blue container availability. Store the dressing in a separate container. I also like to store the apple chips in plastic baggies until I am ready to eat the salads.
 - Note: the ingredients of this salad are super easy to throw together at lunch if you work from home or spend your days near home for lunch.
 - On Wednesday morning, grab the remaining chicken out of the freezer for the rest of the week to add to your salad containers.

- Get ahead:**
 - Prep veggies for [Chicken Vegetable Soup](#) + [One Pan Taco Zucchini Skillet](#)
 - Wash and dice 1 cup carrots, 1 cup celery, 1 onion, 2 cloves garlic, 3 1/2 cups zucchini cut in half moons, and 2 bell peppers. Also wash and cut 1 1/2 cups fresh string beans into bite size pieces.
 - Store carrots, onions and celery together and the garlic, green beans, bell peppers, and zucchini separately all in airtight containers in the refrigerator. When making the recipes, be sure to look at the ingredient list and amounts before adding veggies.
 - Prep veggies for sides
 - Prep [Salt Free Taco Seasoning](#)

Prep continued on next page...

Monday:

- Everything is prepped for dinner, so just choose a cooking method (crock pot, plan ahead) and make your soup at any point in the day without making a mess of your kitchen!

Tuesday:

- Another easy dinner, thanks to your work on Sunday. This meal should come together super fast.
- [Plans B-F] Your [homemade tortilla chips](#) should be super quick to make too!

Wednesday:

- Midweek Prep - make enough rice for tomorrow's dinner, too.
- Follow the recipe for [Easy Bourbon Chicken](#) and use prepped green beans to make a simple side dish.
- [Plans B-F] Don't forget your treat swap for dessert!

Thursday:

- Follow the recipe for [Chicken Scallopini](#) and use your washed and sliced zucchini to make [Sauteed Zucchini](#).

Friday:

- Such a fun Friday night meal! I love these [Big Mac Tacos](#)!
- [Plans B-F] Don't forget your treat swap for dessert!