Confessions of a Fit Foodie
eat clean. get fit. be happy.

21 Day Fix | Ultimate Portion Fix
Full Meal Plan Vol. 4 | {**Bracket E** - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheesy Bacon Breakfast Bites Lg banana w/ 3 tsp nut butter IP Steel Cut Oats w/ cinn ½G 2P 1R 1Y ½B 3	1 Cheesy Bacon Breakfast Bite 1 slice toast w/ 1 tsp butter Lg banana w/ 2 tsp nut butter IP Steel Cut Oats w/ cinn ¼G 2P ½R 2Y ¼B 3	Cheesy Bacon Breakfast Bites Lg banana w/ 3 tsp nut butter IP Steel Cut Oats w/ cinn ½G 2P 1R 1Y ½B 3	1 Cheesy Bacon Breakfast Bite Lg banana w/ 3 tsp nut butter IP Steel Cut Oats w/ cinn ¼G 2P ½R 1Y ¼B 3	Cheesy Bacon Breakfast Bites 1 slice toast w/ 1 tsp butter Lg banana w/ 3 tsp nut butter ½G 2P 1R 1Y ½B 4
Snack	Protein shake w/ 1 c. greens, 1 c. fruit, 2 tsp nut butter **OR** ¾ c. Greek Yogurt w/ 1 c. berries + 2 tsp nut butter and 1 c. sliced cucumbers 1G 1R 1P 2	Protein Shake w/ 1 c. greens, 1 c. fruit + 2½ tsp nut butter **OR** 1 c. Greek Yogurt w/ 1 c. fruit + 2½ tsp nut butter and 1 c. sliced cucumbers 1G 1R 1P 2½	Protein shake w/ 1 c. greens, 1 c. fruit + 2⅓ tsp nut butter **OR** ¾ c. Greek Yogurt w/ 1 c. berries + 2⅓ tsp nut butter and 1 c. sliced cucumbers 1G 1R 1P 2⅓	Protein Shake w/ 1 c. greens, 1 c. fruit + 2½ tsp nut butter **OR** 1 c. Greek Yogurt w/ 1 c. fruit + 2½ tsp nut butter and 1 c. sliced cucumbers 1G 1R 1P 2½	Protein shake w/ 1 c. greens, 1 c. fruit, 2 tsp nut butter **OR** ¾ c. Greek Yogurt w/ 1 c. berries + 2 tsp nut butter and 1 c. sliced cucumbers 1G 1R 1P 2
Lunch	Ramen Noodle Salad topped with chicken + 1 c. extra cabbage [use ¼ c. mandarin oranges per salad, omit almonds] 2½G 1R ¼P ⅔Y 1O	Healthy Chicken Lettuce Wraps ¾ c.Raw Veggies w/ rounded 1 Tbsp Mashed Avo or Hummus 1¾G 1R ½Y ¼B 1½	Ramen Noodle Salad topped with chicken + 1 c. extra cabbage [use ¼ c. mandarin oranges per salad, top w/ extra almonds] 2½G 1R ¼P ⅔Y ½B 1O	Healthy Chicken Lettuce Wraps ¾ c.Raw Veggies 1¾G 1R ½Y 1½	Ramen Noodle Salad topped with chicken + 1 c. extra cabbage [use ¼ c. mandarin oranges per salad, just sprinkle of almonds] 2½G 1R ¼P ⅔Y ⅛B 1O
Snack	2 c. raw veggies w/ 2 ½ Tbsp mashed avocado or hummus 11 whole grain crackers 1 apple 2 hard boiled eggs 2G 1P 1R 1⅓Y ½B	2 c. raw \veggies w/ FIX approved dressing or Pumpkin seeds 12 whole grain crackers 1 apple 2 hard boiled eggs 2G 1P 1R 1½Y 1O	2 c. raw veggies 4 whole grain crackers 1 apple 2 hard boiled eggs 2G 1P 1R ⅓Y	2 c. raw veggies w/ FIX approved dressing or pumpkin seeds 12 whole grain crackers w/ rounded ⅓ c. savory ricotta 1 apple 2 hard boiled eggs 2G 1P 1½R 1½Y 1O	2 c. raw veggies 6 whole grain crackers 1 apple w/ 2 tsp nut butter 2 hard boiled eggs 2G 1P 1R ⅓Y 2
Dinner	2 servings Shepherd's Pie 2G 2R 2Y 3	2 servings Sausage and Cauliflower Casserole 1 c. salad w/ 1 tsp oil, lemon 3G 2½R ½B 1	2 servings Healthy Chicken Ramen Noodle Stir Fry 2G 2R 2Y 2⅔	Italian Chicken Skillet w/ 1¾ c. Broccoli & 1 c. Whole Grain Pasta and ¾ c. chicken w/o cheese 1 c. salad w/ 1 tsp oil, lemon 3G 2R 2Y ¾B 1	2 servings Zuppa Toscana (add kale for full green & ⅓ c. coconut milk) 2G 2R 2Y ⅓B

Snack	¾ c. berries or melon Sweet Whipped Ricotta ¾P 1R	Treat swap 1 c. berries or melon Sweet Whipped Ricotta 1P 1R 1Y	Treat swap ¾ c. berries or melon Sweet Whipped Ricotta ¾P 1R 1Y	1 c. berries or melon Sweet Whipped Ricotta 1P 1R	Treat swap ¾ c. berries or melon Sweet Whipped Ricotta ¾P 1R 1Y