

21 DAY FIX MENU PLAN

DAY	MEALS	MENU [1800-2099 Calories]	Veggies	Fruit	Protein	Carbs	Fats	Seeds	Oils
			5	3	5	4	1	1	5
MONDAY	Breakfast	2 eggs, toast, butter, orange		1	1	1			2
	Snack	Shakeology, banana, almond milk		1	1	0.5			
	Lunch	Coconut chicken soup	1		1	1			1
	Snack	Apple & almond butter, cucumber	1	1					2
	Dinner	Chicken broccoli & quinoa casserole	1		1	1.5	1		
	Snack	Cottage cheese, flaxseed, peppers	2		1			1	
	Total		5	3	5	4	1	1	5
TUESDAY	Breakfast	Steel-cut oats, raspberries, pecans, almond milk		1		1.5	1		
	Snack	Shakeology, banana, almond milk, coconut oil		1	1	0.5			2
	Lunch	Green salad, grilled chicken, chopped apples, flaxseed	2	1	1			1	
	Snack	Celery & almond butter	1						2
	Dinner	Turbofire Chili	1		1	1			
	Snack	Cottage cheese, cucumber, seed crackers	1		2	1			1
	Total		5	3	5	4	1	1	5
WEDNESDAY	Breakfast	Sweet potato hashbrowns, 2 eggs, coconut oil, orange		1	1	1			1
	Snack	Shakeology, banana, almond milk		1	1	0.5			
	Lunch	Coconut chicken soup	1		1	1			1
	Snack	Apple & almond butter, carrots	1	1					2
	Dinner	Thai chicken lettuce wraps	2		1		1	1	
	Snack	Salsa, cottage cheese, baked tortilla chips	1		1	1.5			1
	Total		5	3	5	4	1	1	5
THURSDAY	Breakfast	Steel-cut oats, banana, flaxseed, coconut oil		1		1.5		1	1
	Snack	Shakeology, almond milk			1	0.5			
	Lunch	Mixed green salad, grilled chicken, craisins	2	1	1.5				1
	Snack	Celery & almond butter	1						2
	Dinner	Hawaiian stuffed sweet potatoes	1	1	1.5	1	1		1
	Snack	Cottage cheese, cucumber, seed crackers	1		1	1			
	Total		5	3	5	4	1	1	5
FRIDAY	Breakfast	2 egg omelet, ham, cheese, veggies, toast	1		1	1	1		1
	Snack	Shakeology, berries, almond milk, oats		1	1	1			
	Lunch	Thai chicken lettuce wraps (leftover)	2		1			1	1
	Snack	Tortilla w/ banana & almond butter		1		1			2
	Dinner	Oven chicken fajitas with toppings	2		1	1			1
	Snack	Greek Yogurt, berries, flaxseed		1	1		1	1	
	Total		5	3	5	4	1	1	5
SATURDAY	Breakfast	Blueberry Protein Pancake		1	1	1			1
	Snack	Shakeology, banana, almond milk, flaxseed		1	1	0.5		1	
	Lunch	Fajita chicken salad (leftover)	2		1				1
	Snack	Celery & almond butter	1						2
	Dinner	Egg tortilla stacks w/pico de gallo & lettuce	2		1	2	1		1
	Snack	Apple, greek yogurt, granola		1	1	0.5			
	Total		5	3	5	4	1	1	5
SUNDAY	Breakfast	Baked Oatmeal		1	1	1			
	Snack	Shakeology, banana, almond milk, flaxseed		1	1	0.5		1	
	Lunch	Open-faced turkey & avocado sandwich w/veggies	1		1	1	1		1
	Snack	Apple & almond butter		1					2
	Dinner	Pot Roast, potatoes, carrots, broccoli	2		1	1			2
	Snack	Cottage cheese, tomatoes, cucumber, balsamic, crackers	2		1	0.5			
	Total		5	3	5	4	1	1	5