


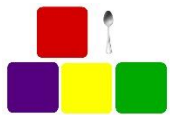




21 Day Fix Extreme Meal Plan

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 	Oatmeal Coconut Oil 2 Eggs Fruit	Oatmeal Coconut Oil 2 Eggs Fruit	Oatmeal Coconut Oil 2 Eggs Fruit	Oatmeal Coconut Oil 2 Eggs Fruit	Oatmeal Coconut Oil 2 Eggs Fruit	Oatmeal Coconut Oil 2 Eggs Fruit	Oatmeal Coconut Oil 2 Eggs Fruit
Snack 	Shakeology Almond Milk Fruit	Shakeology Almond Milk Fruit	Shakeology Almond Milk Fruit	Shakeology Almond Milk Fruit	Shakeology Almond Milk Fruit	Shakeology Almond Milk Fruit	Shakeology Almond Milk Fruit
Lunch 	Salad Veggies Protein Dressing Fruit	Salad Veggies Protein Dressing Fruit	Salad Veggies Protein Dressing Fruit	Salad Veggies Protein Dressing Fruit	Salad Veggies Protein Dressing Fruit	Salad Veggies Protein Dressing Fruit	Salad Veggies Protein Dressing Fruit
Snack 	Cottage Cheese Wasa Cracker Vegetables Almond Butter Apple	Quinoa Ground Turkey Salsa Vegetables Fruit	Cottage Cheese Wasa Cracker Vegetables Almond Butter Apple	Quinoa Ground Turkey Salsa Vegetables Fruit	Cottage Cheese Wasa Cracker Vegetables Almond Butter Apple	Quinoa Ground Turkey Salsa Vegetables Fruit	Cottage Cheese Wasa Cracker Vegetables Almond Butter Apple
Dinner 	Pot Roast Potatoes Carrots	Peach Balsamic Chicken Sweet Potato Vegetables	Chicken Taco Bowls with Quinoa & Vegetables	Cranberry Pork Sweet Potato Vegetables	Spicy Shrimp Rice Vegetables	Chicken Mango Stuffed Peppers	Quinoa Enchilada Bake Taco Toppings
Snack 	Greek Yogurt Almonds Vegetables	Vegetables Cottage Cheese Hummus	Turkey Rollup Avocado Vegetables	Greek Yogurt Almonds Vegetables	Vegetables Cottage Cheese Hummus	Turkey Rollup Avocado Vegetables	Greek Yogurt Almonds Vegetables
Water							