

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 6 | {Plan E - 2300 to 2499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg ½ Banana 2Y 1¼P 1G 1R 1	<a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg ½ Banana 2Y 1¼P 1G 1R 1	<a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg ½ Banana 2Y 1¼P 1G 1R 1	<a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg ½ Banana 2Y 1¼P 1G 1R 1	<a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg ½ Banana 2Y 1¼P 1G 1R 1
<b>Snack</b>	Shakeology w/ ½ Banana & 1 tsp nut butter <b>OR</b> Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 1 tsp nut butter 1R 1P 1	Shakeology w/ ½ Banana & 1 tsp nut butter <b>OR</b> Greek yogurt, ¾c. Frozen Mixed Fruit, Cinnamon & 1 tsp nut butter 1R ¾P 1	Shakeology w/ ½ Banana & 1 tsp nut butter <b>OR</b> Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 1 tsp nut butter 1R 1P 1	Shakeology w/ ½ Banana & 2 tsp nut butter <b>OR</b> Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 2 tsp nut butter 1R 1P 2	Shakeology w/ ½ Banana & 1 tsp nut butter <b>OR</b> Greek yogurt, ¾c. Frozen Mixed Fruit, Cinnamon, & 1 tsp nut butter 1R ¾P 1
<b>Lunch</b>	Berry Chicken Salad (2 Hard Boiled Eggs, ¾ c. Grilled Chicken, 1½ c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> ) 2G ¾P 2R ½B 1O	Leftover <a href="#">Asian Meatballs</a> 1½ c. Cauliflower rice 1½ c. Green beans w/ 1 tsp oil 3G 1R 1½	Berry Chicken Salad (2 Hard Boiled Eggs, ¾ c. Grilled Chicken, 1½ c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> ) 2G ¾P 2R ½B 1O	Berry Chicken Salad (2 Hard Boiled Eggs, ¾ c. Grilled Chicken, 1½ c. Spinach, ¼ c. Cucumbers, ¼ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> ) 2G ¾P 2R ½B 1O	Leftover <a href="#">Asian Meatballs</a> 1½ c. Cauliflower rice 1½ c. Green beans w/ 1 tsp oil 3G 1R 1½
<b>Snack</b>	10 baby carrots w/ 3½ tsp nut butter String Cheese 16 Whole Grain Crackers 1G ½B 2Y 3½	1½ c. Sliced cucumbers w/ sea salt Frozen Grapes 2 Hard Boiled Eggs Whole Grain Crackers 1½G 1P 1R 1Y	10 baby carrots w/ 3½ tsp nut butter String Cheese Whole Grain Crackers 1G 3½ ½B 1Y	10 baby carrots w/ 4 tsp nut butter String Cheese Whole Grain Crackers 1G 4 ½B 1Y	Apple "nachos" w/ 2½ tsp nut butter & shredded coconut 16 Whole Grain Crackers 2 Hard Boiled Eggs 10 baby carrots 1P 1O 2½ 2Y 1R 1G
<b>Dinner</b>	<a href="#">Asian Meatballs</a> 1½ c. Cauliflower rice 1½ c. Green beans w/ 1 tsp oil <a href="#">Ricotta Stuffed Strawberries</a> 3G 2R 1½ 1P	<a href="#">Enchilada Pasta</a> (with a full blue of cheese!) <a href="#">Ricotta Stuffed Strawberries</a> 1½G 2R 1Y 1B 1P	<a href="#">Chicken Curry</a> 1½ c. Green beans w/ 1 tsp oil <a href="#">Ricotta Stuffed Strawberries</a> 2G 2R 1Y 1½ 1P	<a href="#">Sloppy Joe Stuffed Sweet Potato</a> Sliced cucumber w/ sea salt <a href="#">Ricotta Stuffed Strawberries</a> 2G 2R 1Y 1P	<a href="#">Cheesy Chicken Broccoli Casserole</a> Sliced cucumber w/ sea salt <a href="#">Ricotta Stuffed Strawberries</a> 2G 2R 1B 1 1P
<b>Snack</b>	Air Popped Popcorn Frozen Grapes 1Y 1P	Apple "nachos" w/ 3½ tsp nut butter & shredded coconut Air Popped Popcorn 1P 1O 3½ 1Y	Air Popped Popcorn Frozen Grapes 1Y 1P	Air Popped Popcorn Frozen Grapes 1Y 1P	Treat Swap or Wine <b>OR</b> Air Popped Popcorn Frozen Grapes 1Y 1P