

# 21 Day Fix | Ultimate Portion Fix

## Full Meal Plan Vol. 6 | {Plan F - 2500 to 2800 calories}

|                  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|------------------|--|---|--|---|--|
| <b>Breakfast</b> | <a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg<br>½ Banana<br>2Y 1¼P 1G 1R 1   | <a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg<br>½ Banana<br>2Y 1¼P 1G 1R 1  | <a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg<br>½ Banana<br>2Y 1¼P 1G 1R 1   | <a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg<br>½ Banana<br>2Y 1¼P 1G 1R 1  | <a href="#">Baked Oatmeal Sheet Pan Breakfast</a> topped with an egg<br>½ Banana<br>2Y 1¼P 1G 1R 1   |
| <b>Snack</b>     | Shakeology w/ ½ Banana & 2 tsp nut butter<br><b>OR</b><br>Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 2 tsp nut butter<br>1R 1P 2  | Shakeology w/ ½ Banana & 2 tsp nut butter<br><b>OR</b><br>Greek yogurt, ¼c. Frozen Mixed Fruit, Cinnamon & 2 tsp nut butter<br>1R ¾P 1                | Shakeology w/ ½ Banana & 2 tsp nut butter<br><b>OR</b><br>Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 2 tsp nut butter<br>1R 1P 2  | Shakeology w/ ½ Banana & 2 tsp nut butter<br><b>OR</b><br>Greek yogurt, Frozen Mixed Fruit, Cinnamon, & 2 tsp nut butter<br>1R 1P 2   | Shakeology w/ ½ Banana & 2 tsp nut butter<br><b>OR</b><br>Greek yogurt, ¼c. Frozen Mixed Fruit, Cinnamon, & 2 tsp nut butter<br>1R ¾P 1                  |
| <b>Lunch</b>     | Berry Chicken Salad (2 Hard Boiled Eggs, 1½ c. Grilled Chicken, 2 c. Spinach, ½ c. Cucumbers, ½ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> )<br>3G ¾P 3R ½B 1O | Leftover <a href="#">Asian Meatballs</a><br>1½ c. Cauliflower rice<br>1½ c. Green beans w/ 1 tsp oil<br>3G 1R 1½                                      | Berry Chicken Salad (2 Hard Boiled Eggs, 1½ c. Grilled Chicken, 2½ c. Spinach, ½ c. Cucumbers, ½ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> )<br>3½G ¾P 3R ½B 1O | Berry Chicken Salad (2 Hard Boiled Eggs, ¾ c. Grilled Chicken, 2 c. Spinach, ½ c. Cucumbers, ½ c. Matchstick Carrots, ¾ c. Berries, 2½ T Feta, 2 T <a href="#">Strawberry Balsamic Dressing</a> )<br>3G ¾P 2R ½B 1O | Leftover <a href="#">Asian Meatballs</a><br>1½ c. Cauliflower rice<br>1½ c. Green beans w/ 1 tsp oil<br>2 Hard Boiled Eggs<br>3G 2R 1½                   |
| <b>Snack</b>     | 10 baby carrots w/ ¾ tsp nut butter<br>String Cheese<br>16 Whole Grain Crackers<br>1G ½B 2Y 3½   | Sliced cucumber w/ sea salt<br>Frozen Grapes<br>2 Hard Boiled Eggs<br>1G 1P 1R  | 15 baby carrots w/ ¾ tsp nut butter<br>String Cheese<br>8 Whole Grain Crackers<br>1½G 3½ ½B 1Y   | 10 baby carrots w/ ¾ tsp nut butter<br>Sliced cucumber w/ sea salt<br>String Cheese<br>2G 3 ½B  | Apple "nachos" w/ 2½ tsp nut butter & shredded coconut<br>16 Whole Grain Crackers<br>2 Hard Boiled Eggs<br>15 baby carrots<br>1P 1O 2½ 2Y 1R 1½G         |
| <b>Dinner</b>    | <a href="#">Asian Meatballs</a><br>1½ c. Cauliflower rice<br>1½ c. Green beans w/ 1 tsp oil<br><a href="#">Ricotta Stuffed Strawberries</a><br>3G 2R 1½ 1P   | 2 servings <a href="#">Enchilada Pasta</a> (use ¾ c. cheese for ½ blue per portion)<br><a href="#">Ricotta Stuffed Strawberries</a><br>3G 3R 2Y 1B 1P | <a href="#">Chicken Curry</a><br>1½ c. Green beans w/ 1 tsp oil<br><a href="#">Ricotta Stuffed Strawberries</a><br>2G 2R 1Y 1½ 1P  | 2 servings <a href="#">Sloppy Joe Stuffed Sweet Potato</a><br><a href="#">Ricotta Stuffed Strawberries</a><br>2G 3R 2Y 1P   | <a href="#">Cheesy Chicken Broccoli Casserole</a><br>1½ c. Sliced cucumber w/ sea salt<br><a href="#">Ricotta Stuffed Strawberries</a><br>2½G 2R 1B 1 1P |
| <b>Snack</b>     | Air Popped Popcorn<br>Frozen Grapes<br>1Y 1P   | Apple "nachos" w/ ¾ tsp nut butter & shredded coconut<br>Air Popped Popcorn<br>1P 1O 3½ 1Y  | Air Popped Popcorn<br>Frozen Grapes<br>1Y 1P   | Air Popped Popcorn<br>Frozen Grapes<br>1Y 1P  | Treat Swap or Wine<br><b>OR</b><br>Air Popped Popcorn<br>Frozen Grapes<br>1Y 1P  |