



21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 6 | **Prep Checklist**

Sunday:

- Prep [Baked Oatmeal](#) (Don't forget to 1.5x or 2x the recipe!)
- Boil eggs for the week (Use the Instant Pot tutorial in [this post](#))
- Wash and prep veggies and fruit for snacks and lunches
- Grill or bake chicken for salads
- Prep [Strawberry Balsamic Dressing](#)
- Prep [Asian Meatballs](#) - (Don't forget to double the recipe!) Prepare meat mixture, cover, and place in the fridge.
- [Plans C, D, E & F only] prep and bake [Sheet Pan Breakfast](#) (1½ or double batch) and portion
- If using fresh cauliflower, prep cauli rice for two dinners (Mon/Fri) and two lunches (Tu/Fri)
- Pack lunch and snacks
- [Plans D, E, & F only] Prep [Ricotta Stuffed Strawberries](#) by mixing whipped ricotta ingredients (5 servings) and chopping or hollowing strawberries. Store these separately in the refrigerator. Each day give the ricotta a good stir and fill your red container!

Monday:

- Finish cooking [Asian Meatballs](#)
- With dinner, prep enough cauliflower rice and green beans for two lunches and extra green beans for Wednesday's dinner, too.
- After dinner, portion and pack meatballs and sides for Tuesday and Friday lunches.

Tuesday:

- While chopping veggies for [Enchilada Pasta](#), also chop for Thursday's [Sloppy Joe Stuffed Sweet Potatoes](#) and store in the fridge.

Wednesday:

- While dicing chicken for tonight's [Chicken Curry](#), dice extra chicken for Friday's [Cheesy Chicken Broccoli Casserole](#) and store airtight in the fridge.
- Bake Sweet Potatoes for tomorrow's [Sloppy Joe Stuffed Sweet Potatoes](#).

Thursday:

- Use your prepped veggies and sweet potatoes to make an easy dinner.

Friday:

- The cauliflower rice and chicken are already prepped, making tonight's dinner really easy, too!
- Don't forget to prep your optional treat swap tonight- you earned it!
- While dinner is in the oven, take some time to assess what things you have still leftover from the week and how they can fit into your weekend. Make a plan and write it down! You've got this!