

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 7 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1/2 Banana 1Y 1R 1P 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1/2 Banana 1Y 1R 1P 1	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1/2 Banana w/ 2 tsp nut butter 1Y 1R 1P 3	Gluten Free Make Ahead Freezer Waffles Turkey Bacon 1/2 Banana w/ 1 tsp nut butter 1Y 1R 1P 2	Gluten Free Make Ahead Freezer Waffles Turkey Bacon Banana w/ 1 tsp nut butter 1Y 1R 2P 2
Snack	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Raw veggies of choice 1R 1P 1G
Lunch	Greek Pasta Salad Topped with Grilled Chicken or Tuna (no feta) Turkey sand w/ 1 tsp mayo + meat roll ups Apple 1G 3Y 2R 1O 1 1P	Greek Pasta Salad Topped with Grilled Chicken or Tuna Turkey sand w/ 1 tsp mayo + meat roll ups Pear 1G 3Y 2R 1/2B 1O 1 1P	Greek Pasta Salad Topped with Grilled Chicken or Tuna Turkey sand w/ 1 tsp mayo + meat roll ups Apple 1G 3Y 2R 1/2B 1O 1 1P	Greek Pasta Salad Topped with Grilled Chicken or Tuna Turkey sand w/ 1 tsp mayo + meat roll ups Pear 1G 3Y 2R 1/2B 1O 1 1P	Greek Pasta Salad Topped with Grilled Chicken or Tuna Turkey sand w/ 1 tsp mayo + meat roll ups Apple 1G 3Y 2R 1/2B 1O 1 1P
Snack	Baby carrots and sliced cucumbers w/ sea salt or Everything Bagel Seasoning Hard Boiled Eggs 2G 1R	10 baby carrots & 1 c. celery w/ 1 tsp nut butter Hard Boiled Eggs 2G 1R 2	Baby Carrots and sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado Hard Boiled Eggs 2G 1R 1/2B	Baby carrots and sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado Hard Boiled Eggs 2G 1R 1/2B	10 baby carrots & 1 c. celery w/ 2.5 tsp nut butter Hard Boiled Eggs 2G 1R 2 1/2
Dinner	Cauliflower Cheeseburger "Mac" 3 c. Side salad w/ HB eggs dressed w/ 3 tsp. EVOO & Lemon Juice 4G 2R 1B 4	Taco Zucchini Boats 3 c. Side salad w/ HB eggs dressed w/ 3 tsp. EVOO & Lemon Juice 4G 2R 1/2B 3	Low Carb Stuffed Pepper Soup (2 servings) 4G 2R	Instant Pot Chicken and Broccoli (w/ double broccoli or served over cauli rice) (2 servings) 4G 2R 1	Beanless Chili (topped with avocado) 2 c. Side salad dressed w/ 2 tsp. EVOO & Lemon Juice Frozen Grapes or Berries 4G 2R 1P 1/2B 2 1/2
Snack	Frozen Grapes or Berries w/ 1 tsp nut butter Sweet potato w/ 1/2 banana & 1 tsp. nut butter 2P 1Y 2	Frozen Grapes or Berries Sweet potato w/ 1/2 banana & 1 tsp. nut butter 2P 1Y 1	Frozen grapes or Berries w/ 3 tsp nut butter Sweet potato w/ 1/2 banana & 1 tsp. nut butter 2P 1Y 4	Frozen grapes or Berries w/ 3 tsp nut butter Sweet potato w/ 1/2 banana & 1 tsp. nut butter 2P 1Y 4	Treat Swap 1Y