

# 21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 17 | Prep Checklist

## Sunday:

- Wash and dry your veggies and fruit from your grocery haul.
- Preheat your oven to 425 degrees F.
  - Cook Turkey Bacon in the oven on a sheet pan lined with parchment paper.
  - While your turkey bacon is baking, season chicken breast with salt, pepper, and garlic powder and spray with cooking spray. Line a sheet pan with parchment paper and cook chicken for 15-20 minutes (time varies depending on thickness). I love that you can cook the bacon and the chicken at the same time! Just be sure to set two separate timers!
- Prep Grains:
  - Quinoa and Brown Rice. I use the instant pot. Start with quinoa, then make the brown rice next. Having grains prepped makes me feel amazing about life.
- [Plans C-F] Use your Air fryer or Instant Pot to prepare your hard boiled eggs for the week
- Prep marinades and sauces:
  - Make marinade for [Balsamic Chicken and Zucchini Skewers](#).
  - Make tzatziki dressing for [Chicken Quinoa Mediterranean Bowls](#)
- Prep and Chop Veggies:
  - Prep tomatoes, cucumbers, red onions, and greens for [Chicken Quinoa Mediterranean Bowl](#)
  - Wash and chop zucchini and red onion for [Balsamic Chicken and Zucchini Skewers](#).
  - Wash and chop zucchini, red onion, garlic, and mushrooms for [Hibachi Steak](#)
- Assemble lunches if you work out of the home, or don't have time on Monday. Pay attention to each day's toppings, especially hummus, cheese, and olives. You can also sub hummus for cheese and vice versa if you prefer one over the other. This week we utilized the versatility of the bowl to fit the containers we needed each day!
- Store remaining prepped veggies in glass containers or ziplock bags to use through the week in your meals.
- Prep breakfast if you have busy mornings: [Low Carb Cauliflower Hashbrowns](#)
- Dice chicken for skewers and place in marinade overnight.
- Before cleaning up for the day, prepare and portion any snacks you need prepped ahead for at least Monday and Tuesday.

## Monday:

- Assemble skewers using prepped veggies and marinated chicken.
- While skewers are cooking, make [Corn on the Cob](#) in your IP.
- After dinner, prepare [Berry Crisp](#) for your week of dessert!

## Tuesday:

- Easy dinner night - tacos! Prep more [Salt Free Taco Seasoning](#) if you need to refill your jar!
- Don't forget to set some meat aside for your lunch on Thursday, before everyone digs in. This is also the perfect meal to double and put in the freezer for a crazy weeknight!
- Prepare and portion any remaining snacks you may need prepped ahead for the rest of the week.

**Wednesday:**

- Prep Yum Yum Sauce and Spicy Mayo for Thursday's dinner - they are similar and both mayo based. Alternatively, you could just make one of the sauces and enjoy it both nights. Store Thursday's sauce in the refrigerator, if you make it ahead.
- Use prepped veggies to get Hibachi Steak on the table quickly and enjoy it with your already prepped brown rice!
- While the coconut aminos bottle is out, you can mix up the honey ginger sauce for your Salmon Bites. Store it in the refrigerator.
- Midweek prep:
  - Slice cucumbers for [Salmon Bites](#) and prepare cauliflower rice, if using fresh.
  - Wash and chop romaine, cherry tomatoes, red onion, and cucumber for [Burger Bowls](#)

**Thursday:**

- Gather ingredients you need for the bowls (veggies, avocado, etc.) before cooking salmon, as it cooks fast!
- Cook salmon bites and then assemble your bowls with already prepped veggies, rice, and sauce! Win!

**Friday:**

- Prepare homemade fries first and get them going in the oven.
- Next, prep the Special Sauce.
- Finally, prep the burger meat and the ingredients for your bowls. Assemble the bowls with your prepped veggies. Such a fun Friday night dinner!