














## 21 Day Fix | Ultimate Portion Fix

### Full Meal Plan Vol. 18 | {Plan A - 1200 to 1499 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Maple Chicken Breakfast Sausage</a> with PB Banana <a href="#">Overnight Oats</a> (½ lg banana + 1 tsp nut butter) 1P 1R 1Y 1¼ 	<a href="#">Maple Chicken Breakfast Sausage</a> with PB Banana <a href="#">Overnight Oats</a> (½ lg banana + 1 tsp nut butter) 1P 1R 1Y 1¼ 	<a href="#">Maple Chicken Breakfast Sausage</a> with PB Banana <a href="#">Overnight Oats</a> (½ lg banana + ¾ tsp nut butter) 1P 1R 1Y 1 	<a href="#">Maple Chicken Breakfast Sausage</a> with Apple Cinnamon <a href="#">Overnight Oats</a> (½ c. diced apple + extra cinnamon) ½P 1R 1Y ¼ 	<a href="#">Maple Chicken Breakfast Sausage</a> with Apple Cinnamon <a href="#">Overnight Oats</a> (½ c. diced apple + extra cinnamon) ½P 1R 1Y ¼ 
<b>Snack</b>	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon Add 2 Tbsp chia, ground flax or hemp to either 1R 1O	Shakeology or other protein shake <b>OR</b> ¾ c. Greek yogurt w/ ground cinnamon 1R
<b>Lunch</b>	<a href="#">Chicken Salad with Grapes</a> over 1 c. greens and ½ c. apple slices 1G 1R 1P 1O	<a href="#">Chicken Salad with Grapes</a> over 1 c. greens and ½ c. apple slices 1G 1R 1P 1O	<a href="#">Chicken Salad with Grapes</a> over 1 c. greens and ½ c. apple slices 1G 1R 1P 1O	Leftover <a href="#">Italian Stuffed Peppers</a> 1 c. apple slices w/ ¾ tsp nut butter 2G 1R 1B 1P ¼ 	<a href="#">Chicken Salad with Grapes</a> over 1 c. greens and ½ c. apple slices 1G 1R 1P 1O
<b>Snack</b>	10 baby carrots 8 whole grain crackers 1G 1Y	10 baby carrots 1 c. celery sticks 2G	15 baby carrots w/ ⅓ c. mashed avocado or hummus 1½G 1B	15 baby carrots 1½G	15 baby carrots 1½G
<b>Dinner</b>	<a href="#">Italian Stuffed Peppers</a> 2G 1R 1B	<a href="#">Taco Casserole</a> with lettuce wrap top w/ ½ c diced avocado 1G 1R 1Y 1B	<a href="#">IP Chicken Marsala</a> w/ ½ c. pasta and 1 c. steamed green beans 1½G 1R 1Y 1 	<a href="#">Italian Pork Chops</a> with <a href="#">Parmesan Roasted Baby Potatoes</a> ½G 1R 1Y 2 	<a href="#">Cheeseburger Soup</a> 1½G 1R 1Y 1B 1 
<b>Snack</b>	<a href="#">Healthy Brownie</a> top w/ ¾ tsp nut butter 1¼ 	<a href="#">Healthy Brownie</a> top w/ ¾ tsp nut butter 1¼ 	<a href="#">Healthy Brownie</a> 1 	½ c. berries or grapes ½P	<a href="#">Healthy Brownie</a> top w/ ¾ tsp nut butter ½ c. berries or grapes 1¼  ½P