



21 Day Fix | Ultimate Portion Fix Full Meal Plan Vol. 18 | Prep Checklist

Sunday:

- Prep Breakfasts:
 - Prep [Overnight Oats](#)
 - Prep [Maple Breakfast Chicken Sausage](#) Patties. Freeze half to thaw and enjoy the later part of the week.

- Prep Lunch:
 - For the [Chicken Salad](#), feel free to use any leftover turkey you may have frozen from Thanksgiving or use Rotisserie store bought chicken to speed up the prep. You can always make some chicken fresh for this week too!

- Prep and Chop Veggies:
 - Dice onions, garlic, and shred zucchini for [Italian Stuffed Peppers](#).
 - Dice onions, garlic, and bell pepper for [Taco Casserole](#)
 - Dice shallots and garlic for [Chicken Marsala](#)
 - Dice onion and garlic for [Italian Pork Chops](#)
 - Dice celery, carrots, onion, and garlic for [Cheeseburger Soup](#)
 - Slice and portion any raw veggies you may need for snacks throughout the week
 - Store all veggies in airtight containers in the refrigerator - I like to like containers with paper towels

- Prep [Salt Free Taco Seasoning](#)
- [Plans C-F] Cook your Hard Boiled eggs using your preferred method: [Air Fryer HB eggs](#) or [Instant Pot](#)
- Make filling and assemble [Italian Stuffed Peppers](#), but don't bake. Cover and place in the refrigerator.
- Prep and portion any snacks you may need to grab and go this week.
- [Plans B-F] Plan your treat swap and then prepare any ingredients you may need to execute it on Thursday.

Monday:

- Dinner: grab your [Italian Stuffed Peppers](#) out of the fridge and bake. Easy dinner!
- After dinner, prep [Brownies](#) for weekly dessert

Tuesday:

- [Taco Casserole](#) can be made in the Instant Pot or Crock Pot, so plan accordingly! It will come together super fast thanks to your prepped taco seasoning and veggies.

Wednesday:

- Dinner Prep: wash and chop mushrooms.
- Boil Pasta while you are cooking the [Chicken Marsala](#).
- Enjoy the pasta with the extra marsala gravy - yummy!
- Steam the green beans while your pasta cooks too. [Plans C-F don't forget to make enough for tomorrow night too!]

Thursday:

- First, get the [roasted baby potatoes](#) in the oven. Wash and halve an extra two cups for tomorrow's soup. Place in a bowl of cold water and store in the water, in the refrigerator overnight.
- Halfway into cooking time for the potatoes, start your [pork chops](#). You will need to quarter the tomatoes quickly first, but your other veggies are prepped.
- [Plans B-F] Don't forget your treat swap for dessert!

Friday:

- At any point in your week, you could make this [delicious soup](#) if you have extra time to prep. If not, it comes together quickly, especially since your veggies and potatoes are ready to go. There are three methods for this soup - IP, Crock Pot, and Stovetop, so just plan accordingly!