

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 19 | {Plan F - 2500 to 2800 calories}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheesy Bacon Breakfast Bites 1 slice Toast or ½ English Muffin w/ 1 tsp butter 2 clementines 1 c. sliced bell peppers ½G 1R ½B 1Y 1P	Cheesy Bacon Breakfast Bites 1 slice Toast or ½ English Muffin w/ 1 tsp butter 2 clementines 1 c. sliced bell peppers 1½G 1R ½B 1Y 1P	Cheesy Bacon Breakfast Bites 1 slice Toast or ½ English Muffin w/ 1 tsp butter 2 clementines 1 c. sliced bell peppers 1½G 1R ½B 1Y 1P	Cheesy Bacon Breakfast Bites 1 slice Toast or ½ English Muffin w/ 1 tsp butter 2 clementines 1 c. sliced bell peppers 1½G 1R ½B 1Y 1P	Cheesy Bacon Breakfast Bites 1 slice Toast or ½ English Muffin w/ 1 tsp butter 2 clementines 1 c. sliced bell peppers 1½G 1R ½B 1Y 1P
Snack	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and cinn AND 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2R 1P 1G	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and cinn AND 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2R 1P 1G	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and cinn AND 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2R 1P 1G	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and cinn AND 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2R 1P 1G	Shakeology or other protein shake w/ 1 c. berries OR ¾ c. Greek yogurt w/ 1 c. berries and cinn AND 1 c. Sliced cuc + 6 slices deli meat, rolled up w/ 1 tsp mayo 2R 1P 1G
Lunch	Hidden Cauliflower Taco Meat Taco Salad (Double meat in recipe, keep rest same) 2 c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 10 Tortilla Chips 3½G 2R 1½Y	Leftover Lasagna Soup NO mozzarella or parm ¼ cup of extra spinach mixed in 2 c. side salad w/ 1 tsp oil 3½ G 1R ½Y 1½	Hidden Cauliflower Taco Meat Taco Salad (Double meat in recipe, keep rest same) 2¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 12 Tortilla Chips, 2½ Tbsp shred cheese or mashed avo 3½G 2R 2Y ½B	Hidden Cauliflower Taco Meat Taco Salad (Double meat in recipe, keep rest same) 2¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 12 Tortilla Chips, 2½ Tbsp shred cheese or mashed avo 3½G 2R 2Y ½B	Hidden Cauliflower Taco Meat Taco Salad (Double meat in recipe, keep rest same) 2¼ c. Romaine, ¼ c. matchstick carrots, 1 Tbsp Salsa + 1 Tbsp Greek Yogurt, 12 Tortilla Chips 3½G 2R 2Y
Snack	1 lg. Banana 2½ tsp nut butter 1 small baked sweet potato 2P 2Y 2½	1 lg. Banana 2½ tsp nut butter 1 small baked sweet potato 2P 2Y 2½	1 lg. Banana 3½ tsp nut butter ½ small baked sweet potato 2P 1Y 3½	1 lg. Banana 3 tsp nut butter ½ small baked sweet potato 2P 1Y 3	1 lg. Banana 2 tsp nut butter 2P 2
Dinner	Lasagna Soup 2 c. side salad w/ 1 tsp oil 3¼G 1R ½Y ½B 1½	Stuffed Pepper Skillet with ¾ c. brown rice 2G 1R 1½Y ½B	Asian Chicken Meatballs with 2 c. Green Beans ½ c. Brown Rice 2G 1R 1Y ½	Air Fryer Whole Chicken with ½ c. Mashed Potatoes 2 svgs Sauteed Zucchini 2G 1R 1Y 1	Buffalo Chicken Pizza (use ½ amt of cheese) 1 c. side salad w/ 1 tsp oil 2G 1R 1Y ½B 2
Snack	Healthy Samoas Cookie Bar ¾ c. cottage cheese w/ 1 c. berries, 1 tsp maple syrup and cinnamon 1O 2 1R 1P	Healthy Samoas Cookie Bar 1½ c. cottage cheese w/ 1 c. berries, 1 tsp maple syrup and cinnamon 1O 2 2R 1P	Healthy Samoas Cookie Bar ¾ c. cottage cheese w/ 1 c. berries and cinnamon 1O 2 1R 1P	Healthy Samoas Cookie Bar ¾ c. cottage cheese w/ 1 c. berries, 1 tsp maple syrup and cinnamon 1O 2 1R 1P	Healthy Samoas Cookie Bar Treat Swap ¾ c. cottage cheese w/ 1 c. berries, 1 tsp maple syrup and cinnamon 1O 2 1Y 1R 1P