

21 Day Fix | Ultimate Portion Fix

Full Meal Plan Vol. 19 | **Prep Checklist**

Sunday:

- Prep and Chop Veggies, Prep Breakfast, and Prep Lasagna Soup
 - Chop veggies for the Cheesy Bacon Breakfast Bites first. Leave your cutting board out, but prep the breakfast entirely. Wipe out pan used for veggies, but leave it for later. Then come back to finish dicing while your egg cups bake.
 - [Plans B-F] After the egg cups are finished cooking, preheat the oven to 400 and bake your sweet potatoes while you finish the rest of your prepping.
 - For the Lasagna Soup: Chop 1 Onion and 4 cloves Garlic. Then chop spinach.
 - Follow crockpot or Instant Pot directions for the soup. Making it a day in advance doesn't take much extra hands on time, but will save you lots of energy on Monday. Resume chopping while the soup cooks.
 - For the Stuffed Pepper Skillet: Wash and dice 1 onion, 3 bell peppers, and mince 3 garlic cloves. Store onion and garlic together and the peppers separately all in airtight containers in the refrigerator.
 - For the Asian Meatballs: chop ginger, green onion, carrots, and garlic. Store together in an airtight container in the refrigerator.
 - Store all veggies in airtight containers in the refrigerator - I like to line containers with paper towels.
- Prep Lunch
 - Mix Salt free taco seasoning ahead and store in a mason jar for up to 3 months. 6 teaspoons chili powder; 5 teaspoons paprika; 4½ teaspoons ground cumin; 2½ teaspoons onion powder; 2½ teaspoons garlic powder; 1½ teaspoons dried oregano; ⅛ teaspoon cayenne pepper. Put the lid on the jar and shake to mix!
 - Prep taco meat and let cool. Use the same pan you dirtied when you made the breakfast.
 - You can prep these taco salads ahead and store in the fridge in an airtight container for the week. Layer backwards: first Greek yogurt and salsa, then cheese or avocado, then meat, and lastly the greens and veggies. Or portion each ingredient separately into ziplocks and grab and go containers for the week.
 - Tortillas should be portioned separately in ziplock bags.

Monday:

- Heat your [Lasagna Soup](#).
- Dessert: While your soup is heating up, prep a batch of the [Healthy Samoas Cookie Bars](#). Try to finish up until the chocolate shortbread layer before dinner, then finish the rest of the recipe after dinner.

Tuesday:

- Start by prepping a batch of [brown rice](#)- make enough for Wednesday's dinner, as well.
- Take out enough ground chicken for Wednesday's meatballs and tonight's dinner. While the rice is cooking, using the prepped veggies, mix up the meat for the meatballs. Store in an airtight container or ziplock. Tomorrow, you can quickly form the meatballs.
- Once your rice is nearly finished, use your prepped veggies and remaining ground chicken for this quick and easy [Stuffed Pepper Skillet](#) dinner.

Wednesday:

- [Asian Chicken Meatball](#) meat is prepped, so now you just need to ball and cook them.
- While they are cooking, heat up your [rice](#) and make the green beans.

Thursday:

- Begin with cooking the [Air Fryer Whole Chicken](#).
- If you don't have an air fryer, you can roast the chicken in the oven for 70 to 90 minutes, or until the juices run clear. Double check doneness with an instant-read thermometer placed in the thickest part of the thigh. It should read 165°F (74°C). Let the chicken rest for 15 minutes on a cutting board before slicing and serving.
- Once your chicken is set, work on making your [Mashed Potatoes](#) and [Sauteed Zucchini](#) sides.
- Be sure to set aside chicken for Friday's pizza.

Friday:

- For the [Buffalo Chicken Pizza](#) - if you are following the Portion Fix Meal Plan, be sure to use only half of the cheese on your pizza tonight so you don't go over the blue count.
- [Plans B-F] Don't forget your treat swap for dessert!