

21 Day Fix Meal Plan C

1800-2,099 Calories

Dairy Free Options

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|---|---|--|--|---|
| Breakfast | 2 eggs (R) Oatmeal (Y) Fruit (P) | Shakeology (R) Berries (PP) Toast w/ PB (YTT) | Waffle w/ PB (YTT) Leftover bacon (R) Fruit (P) | Shakeology w/ banana and PB (RPTT) Berries (P) | Oatmeal w/ PB and strawberries (YPTT) 2 eggs (R) |
| Snack | Shakeology with Peanut Butter (RTTT) Fruit (P) Almonds (B) | Rolled up ham w/ mustard (R) Whole grain crackers (Y) Grape tomatoes, cucumbers, olives (GGO) | Shakeology (R) (Vegan chocolate shakeo, cold coffee and peppermint extract - iced peppermint mocha!) | Tomatoes, cucumbers, bell pepper strips, olives (GGGO) | Shakeology (R) Fruit (P) |
| Lunch | Salad (lettuce, tomato, carrots, chicken, black beans) with dressing (GGGRYO) | Leftover chicken (R) Green beans (G) Baby carrots (G) | Salad (lettuce, tomatoes, chicken, dressing) (GGRO) | 2 boiled eggs with tuna (RR) Crackers (Y) Apple with PB (PTTT) | Leftover chicken in salad (2 lettuce, shredded carrots and tomatoes, dressing) (GGRO) |
| Snack | Turkey sandwich with mustard (YYR) Apple (P) | 2 boiled eggs (R) Apple w/ PB (PTTT) | Turkey slices (R) Crackers (Y) Apple w/ PB (PTTT) | Leftover steak in tortilla with diced tomatoes (YRG) | Tortilla w/ ham and mustard (YR) Orange (P) |
| Dinner | Grilled chicken (R) Green beans (G) Roasted butternut squash (GTT) *oil for cooking | Bacon, lettuce, avocado, & tomato sandwich (RGBYY) | Rice and black beans with steak strips, avocado, and salsa (YYRBP) Salad (topped with some of the salsa) (GGG) | Chicken tacos (lettuce, chicken, avocado, tortillas) (YYRGB) | Burger w/o bun (R) Lettuce & tomato (GG) Avocado (B) Sweet potato fries (baked with olive oil) (YYTT) |