

21 Day Fix Meal Plan #5

This meal plan is based on the minimum calorie intake, adjust accordingly. I have added additional yellow containers on days when I run!

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---|---|--|--|---|---|--|
| Breakfast | Shakeology Spinach | Eggs Ezekiel Toast Avocado | Shakeology Coconut | Steel cut oats | Shakeology ½ banana Spinach | Whole wheat waffle Fruit | Eggs Whole wheat toast ½ grapefruit |
| AM Snack | Kefir Banana oat cookie | Shakeology Strawberries | Grapes Yogurt | Shakeology Strawberry Kale | Apple | Shakeology ½ blueberries | Shakeology Spinach Grapes |
| Lunch | ½ Sweet potato Spinach Black beans Chicken Salsa | Turkey Pita Salad greens Apple | Stuffed pepper with quinoa and lean ground turkey cheese | Turkey Carrots Almonds | Veggie burger Broccoli | Chicken Salad Dressing ½ pear | Flank steak Salad Dressing Avocado |
| PM Snack | Carrots Celery Hummus | Peppers Hummus | Quest Bar Pomegranate seeds | Orange Yogurt | 2 hard boiled eggs Snap peas | Carrots Cucumbers String cheese | Popcorn Pomegranate seeds |
| Dinner | Spaghetti Squash Meatballs Tomato sauce Mozz cheese | Chicken Asian veggies Sesame seed | Pork tenderloin Barley Roasted carrots | Tilapia Brown rice Salad 21 DF dressing | Cheese pizza (2 yellow) Salad 21 DF dressing Chicken breast | Grilled flank steak Brussels sprouts Potato | Ham Green beans Sweet potato |

