

This meal plan is based on the 21 Day Fix 1200-1499 calorie meal plan. If you need to increase your calorie intake, please do so! Color of font indicates corresponding container. If you do not have the containers, use standard serving size.

Week One Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Shakeology Strawberry Spinach	Samoa Shakeology Spinach Coconut	Shakeology Strawberry ½ banana Spinach	Eggs Ezekial Toast Avocado siracha	Steel cut oats Apple	Chocolate Shakeology Cherries	Shakeology ½ banana Spinach Peanut butter
AM Snack	Banana Peanut butter Greek yogurt	Apple Peanut butter	English muffin Sunflower seeds Grapes	Shakeology Peaches Spinach	Shakeology ½ banana Walnuts Maple syrup	Pear Peanut butter	Unsweetened applesauce Almonds
Lunch	Turkey 1 slice bread cheese carrot	Ham Hardboiled eggs (2) Salad Dressing	Veggie soup ½ pasta Chicken	Flank steak salad Olive oil	Turkey Chips Carrots Cucumbers	½ baked potato Broccoli Bacon Cheese	Chili (+1 &1) Cheese
PM Snack	Sugar snap peas Sunflower seeds	Orange Air popped popcorn	Cucumber Hummus Turkey	Deli turkey Broccoli Dressing to dip	Pineapple Cottage cheese Sunflower seeds	Air popped popcorn melted coconut oil	Peel and eat shrimp Snow peas
Dinner	Whole roasted chicken asparagus Potato Olive oil	Chicken taco Refried beans Peppers and onions Olive oil Cheese	Flank steak Sweet potato Green beans	Zoodles Meatballs Mozzarella cheese Tomato Sauce	Tilapia Brown Rice Broccoli	Chili (+ 1 &1) Salad	Pork loin Barley Brussel sprouts Olive oil

Recipes

Shakeology recipes are all found on my Pinterest board under “Shakeology”. I will be using unsweetened vanilla almond milk as a base for all of my shakes. This is not counted in my daily “yellow container” total. If you are looking to be more strict, you could use 8oz of unsweetened almond milk for ½ a yellow container.

Whole Roasted Chicken: Be sure to cook a chicken large enough to have meat for dinner on Tuesday night!

<http://www.100daysofrealfood.com/2011/02/25/recipe-the-best-whole-chicken-in-a-crock-pot/>

Veggie Soup: I usually don't follow a recipe. I sauté some onion and garlic in a stock pot and then add whatever broth and veggies I have on hand! Boil and then reduce to low and simmer. I am going to cook pasta separately and add in.

Zoodles: Zucchini noodles!! Try them. You will thank me. I use this to make them:

<http://www.amazon.com/Veggetti-Spiral-Vegetable-Slicer-Veggie/dp/B00IIVRB3W>

Chili: <http://sublimereflection.com/crockpot-turbofire-chili/>