
















1200-1399 CALORIE 21 DAY FIX MEAL PLAN

PLAN IT OUT...	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
	Shakeology						
	Strawberries						
SNACK							
	Whole wheat crackers						
LUNCH							
	Chicken breast						
	Mixed Greens						
	Black Beans						
	21 Day Fix Dressing						
	Olive oil						
SNACK							
	Blueberries						
	0% Plain Greek Yogurt						
DINNER							
	Beef Tenderloin						
	Asparagus						
	Squash						
	Avocado						
	Coconut oil						