



















1500-1799 CALORIE 21 DAY FIX MEAL PLAN

PLAN IT OUT...	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
	2 eggs						
	Strawberries						
	Oatmeal						
	Coconut oil						
SNACK							
	Apple						
	Almonds						
LUNCH							
	Chicken breast						
	Mixed Salad Greens						
	Black Beans						
	Sunflower Seeds						
	Olive oil						
SNACK							
	½ banana						
	1 scoop Shakeology						
DINNER							
	Beef tenderloin						
	Asparagus, squash						
	Olive oil						
SNACK							
	Whole wheat tortilla						
	Peanut butter						