

1800-2099 CALORIE 21 DAY FIX MEAL PLAN

PLAN IT OUT...	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
	2 eggs						
	Strawberries						
	Oatmeal						
SNACK							
	Apple						
	Almonds						
LUNCH							
	Chicken breast						
x2	Mixed Salad Greens						
	Black Beans						
	21 Day Fix Dressing						
SNACK							
	½ banana						
	1 scoop Shakeology						
	Almond milk						
DINNER							
	Beef tenderloin						
x2	Asparagus, squash						
	Sweet potato						
SNACK							
	Cottage cheese						
	Tomatoes						

● x 5 per day [extra virgin olive oil, extra virgin coconut oil, flaxseed oil, walnut oil, pumpkin seed oil, nut butters (peanut, almond, cashew, etc.), seed butters (sunflower, pumpkin, sesame, etc.)]