

# 1500-1799 CALORIE 21 DAY FIX EXTREME MEAL PLANNER

COUNTDOWN TO  
COMPETITION...

DAY \_\_\_\_\_

DAY \_\_\_\_\_

## BREAKFAST

1 scoop Shakeology

Spinach

## SNACK

Tuna

Celery

## LUNCH

Chicken breast

Sweet potato

Olive oil

## SNACK

Tuna

Celery

## SNACK

Chicken breast

## DINNER

Beef tenderloin

Asparagus, squash

Olive oil

## SNACK

2 eggs or 8 egg whites

Coconut oil