



















# 1500-1799 CALORIE 21 DAY FIX EXTREME MEAL PLANNER

PLAN IT OUT...	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>							
	2 eggs						
	Strawberries						
	Oatmeal						
	Coconut oil						
<b>SNACK</b>							
	Apple						
	Almond butter						
<b>LUNCH</b>							
	Chicken breast						
	Mixed Salad Greens						
	Black Beans						
	Sunflower Seeds						
	Olive oil						
<b>SNACK</b>							
	½ banana						
	1 scoop Shakeology						
<b>DINNER</b>							
	Beef tenderloin						
	Asparagus, squash						
	Sweet potato						
	Avocado						
	Coconut oil						