

2100-2299 CALORIE 21 DAY FIX EXTREME MEAL PLANNER

PLAN IT OUT...

DAY _____

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BREAKFAST

1 scoop Shakeology

Banana

Almond milk

x2

Peanut butter

SNACK

Apple

Tuna

Romaine lettuce

LUNCH

Chicken breast

x2

Mixed Salad Greens

Black Beans

21 Day Fix Dressing

x2

Olive oil/Coconut oil

SNACK

½ banana

2 hardboiled eggs

Baby carrots

DINNER

Beef tenderloin

x2

Asparagus, squash

Sweet potato

x2

Olive oil

SNACK

Whole wheat tortilla

Walnuts

8 egg whites