

# 21 Day Fix Meal Plan #1

Plan your meals and create a shopping list to fuel your body well!

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	steel-cut oatmeal, 2 hardboiled eggs, cooked spinach	1 scoop Shakeology, frozen strawberries,	Grilled chicken breast olive oil with lemon (to taste), asparagus spears, grilled	Raw almonds Apple Sliced bell pepper	grilled tilapia, 1 tsp. olive oil with lemon, brown rice cooked broccoli
Tuesday	Yogurt Parfait: Greek yogurt whole grain cereal, blueberries	baby carrots, hummus	ground turkey, cooked winter squash with cinnamon	Shakeology frozen mango, Pumpkin seeds	Veggie burger, sweet potatoes, green beans with mushrooms Peanut butter x2
Wednesday	steel-cut oatmeal, 2 hardboiled eggs, cooked spinach	1 scoop Shakeology, frozen strawberries,	Grilled chicken breast olive oil with lemon (to taste), asparagus spears, grilled	Raw almonds Apple Sliced bell pepper	grilled tilapia, 1 tsp. olive oil with lemon, brown rice cooked broccoli
Thursday	Yogurt Parfait: Greek yogurt whole grain cereal, blueberries	baby carrots, hummus	ground turkey, cooked winter squash with cinnamon	Shakeology frozen mango, Pumpkin seeds	Veggie burger, sweet potatoes, green beans with mushrooms Peanut butter x2
Friday	steel-cut oatmeal, 2 hardboiled eggs, cooked spinach	1 scoop Shakeology, frozen strawberries,	Grilled chicken breast olive oil with lemon (to taste), asparagus spears, grilled	Raw almonds Apple Sliced bell pepper	grilled tilapia, 1 tsp. olive oil with lemon, brown rice cooked broccoli
Saturday	Yogurt Parfait: Greek yogurt whole grain cereal, blueberries	baby carrots, hummus	ground turkey, cooked winter squash with cinnamon	Shakeology frozen mango, Pumpkin seeds	Veggie burger, sweet potatoes, green beans with mushrooms Peanut butter x2
Sunday	steel-cut oatmeal, 2 hardboiled eggs, cooked spinach	1 scoop Shakeology, frozen strawberries,	Grilled chicken breast olive oil with lemon (to taste), asparagus spears, grilled	Raw almonds Apple Sliced bell pepper	grilled tilapia, 1 tsp. olive oil with lemon, brown rice cooked broccoli

## Food Prep

Consider spending a little time chopping, preparing or cooking food in advance, such as:

- cook a pot of steel cut oats
- hardboil eggs
- grill chicken
- slice peppers
- cook a pot of brown rice
- bake sweet potatoes

# 21 Day Fix Meal Plan #2

Plan your meals and create a shopping list to fuel your body well!

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	2 eggs apple	Carrots Hummus Peanuts	Seasoned chicken Green beans Brown rice	Shakeology 1 tsp. almond butter 1/2 banana	Cod Sautéed Mushrooms Sweet potatoes EVOO
Tuesday	Mocha Shakeology (1 c. coffee, cooled + 1 scoop chocolate Shakeology + 1/2 tsp. vanilla + ice) 1 tsp. almond butter	Winter squash with cinnamon 10 pecan halves	Taco Salad—seasoned ground turkey, mixed greens, 10 olives, pico de gallo, 2 corn tortillas	Greek Yogurt Blueberries	Shrimp Cabbage Potatoes EVOO
Wednesday	2 eggs apple	Carrots Hummus Peanuts	Seasoned chicken Green beans Brown rice	Shakeology 1 tsp. almond butter 1/2 banana	Cod Sautéed Mushrooms Sweet potatoes EVOO
Thursday	Mocha Shakeology (1 c. coffee, cooled + 1 scoop chocolate Shakeology + 1/2 tsp. vanilla + ice) 1 tsp. almond butter	Winter squash with cinnamon 10 pecan halves	Taco Salad—seasoned ground turkey, mixed greens, 10 olives, pico de gallo, 2 corn tortillas	Greek Yogurt Blueberries	Shrimp Cabbage Potatoes EVOO
Friday	2 eggs apple	Carrots Hummus Peanuts	Seasoned chicken Green beans Brown rice	Shakeology 1 tsp. almond butter 1/2 banana	Cod Sautéed Mushrooms Sweet potatoes EVOO
Saturday	Mocha Shakeology (1 c. coffee, cooled + 1 scoop chocolate Shakeology + 1/2 tsp. vanilla + ice) 1 tsp. almond butter	Winter squash with cinnamon 10 pecan halves	Taco Salad—seasoned ground turkey, mixed greens, 10 olives, pico de gallo, 2 corn tortillas	Greek Yogurt Blueberries	Shrimp Cabbage Potatoes EVOO
Sunday	2 eggs apple	Carrots Hummus Peanuts	Seasoned chicken Green beans Brown rice	Shakeology 1 tsp. almond butter 1/2 banana	Cod Sautéed Mushrooms Sweet potatoes EVOO

Consider spending a little time chopping, preparing or cooking food in advance, such as:

## Food Prep

- brown ground turkey
- hardboil eggs
- cook brown rice
- grill/bake chicken
- bake sweet potatoes
- scoop yogurt into containers

# Meal Planner

Plan your meals and create a shopping list to fuel your body well!

	Breakfast	Snack	Lunch	Snack	Dinner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Food Prep

*Consider spending a little time chopping, preparing or cooking food in advance.*