

21 Day Fix

Week One Meal Plan

My Calorie Range: 1,200-1,499

of Containers per Day: 3 Green, 2 Purple, 4 Red, 2 Yellow, 1 Blue, 1 Orange, 1 tsp.

Notes: **Energy Balancer** → eat each meal 2-3 hours apart. 3 meals and 2 snacks.
Utilize containers for meals and use leftover containers for snacks.

Fat Burner → Six meals, about 2 hours apart, use all purple and yellow containers BEFORE 6:00 PM. **Beverages such as milk, almond milk... should be limited to 3xs a week!**

Day 1:

Breakfast: **Hard-boiled eggs (1/4 red)**

Oatmeal with cinnamon (1/2 yellow)

Sliced apples (1/2 purple)

Snack #1: water, **Shakeology (2/4 red)**

Lunch: **Mixed Salad (lettuce, cucumbers, tomatoes, bell peppers) (1/3 green)**

Grilled Chicken (3/4 red) w/ EVOO (1/1 tsp)

Fix Dressing (1/1 orange)

Quinoa (2/2 yellow)

Snack #2: **Hummus spread on lettuce leaf (1/1 blue)**

Dinner: **Grilled Flank Steak w/ Fix Seasoning for rub (4/4red)**

Cooked carrots w/ smoked paprika (2/3 green)

Snack #3: **Snow peas (3/3 green)**

Day 2:

Breakfast: **Shakeology (1/4 red)**

Almond Milk (1/2 yellow)

Snack #1: **Strawberries/Blueberries (1/2 purple)**

Lunch: **Mixed Salad (1/3 green)**

Fix Dressing (1/1 orange)

Grilled Chicken (2/4 red)

Brown Rice (2/2 yellow)

Snack #2: **Raw almonds (1/1 blue)**

Peppers (2/3 green)

Dinner: **Mixed Veggies Stir Fry- p.44 (3/3 green)**

EVOO (1/1 tsp)

Turkey Breast (3/4 red)

Snack #3: **Apple Slices (2/2 purple)**

Yogurt w/ cinnamon (4/4 red)

Day 3:

Breakfast: Hard-boiled eggs (1/4 red)

Oatmeal with cinnamon (1/2 yellow)

Sliced apples (1/2 purple)

Snack #1: water, Shakeology (2/4 red)

Lunch: Mixed Salad (lettuce, cucumbers, tomatoes, bell peppers) (1/3 green)

Grilled Chicken (3/4 red) w/ EVOO (1/1 tsp)

Fix Dressing (1/1 orange)

Quinoa (2/2 yellow)

Snack #2: Hummus spread on lettuce leaf (1/1 blue)

Dinner: Grilled Flank Steak w/ Fix Seasoning for rub (4/4 red)

Cooked carrots w/ smoked paprika (2/3 green)

Snack #3: Snow peas (3/3 green)

Day 4:

Breakfast: Shakeology (1/4 red)

Almond Milk (1/2 yellow)

Snack #1: Strawberries/Blueberries (1/2 purple)

Lunch: Mixed Salad (1/3 green)

Fix Dressing (1/1 orange)

Grilled Chicken (2/4 red)

Brown Rice (2/2 yellow)

Snack #2: Raw almonds (1/1 blue)

Peppers (2/3 green)

Dinner: Mixed Veggies Stir Fry- p.44 (3/3 green)

EVOO (1/1 tsp)

Turkey Breast (3/4 red)

Snack #3: Apple Slices (2/2 purple)

Yogurt w/ cinnamon (4/4 red)

Day 5:

Breakfast: Shakeology (1/4 red)

Almond Milk (1/2 yellow)

Snack #1: Hummus (1/1 blue)

Peppers (1/3 green)

Lunch: Mixed Salad (2/3 green)

Fix Dressing (1/1 orange)

Grilled Chicken (2/4 red)

Brown Rice (2/2 yellow)

Snack #2: Apple Slices (1/2 purple)

Dinner: Beef (3/4 Red)

EVOO (1/1 tsp)

Asparagus (3/3 green)

Snack #3: Blueberries/Strawberries (2/2 purple)

Day 6:

Breakfast: Oatmeal w/ Cinnamon (1/2 yellow)

Strawberries (1/2 purple)

Blueberries (2/2 purple)

Steamed Kale (1/3 green)

Snack #1: Shakeology w/ Water (1/4 red)

Lunch: Lettuce & Peppers (2/3 green)

Fix Dressing (1/1 orange)

Mozz. Shredded Cheese (1/1 blue)

Sweet potato (2/2 yellow)

Snack #2: Yogurt w/ Cinnamon (2/4 red)

Dinner: Turkey Breast (3/4 red)

EVOO (1/1 tsp)

Asparagus (3/3 green)

Snack #3: Hard-boiled Eggs (4/4 red)

Day 7:

Breakfast: Oatmeal w/ Cinnamon (1/2 yellow)

Strawberries (1/2 purple)

Blueberries (2/2 purple)

Steamed Kale (1/3 green)

Snack #1: Shakeology w/ Water (1/4 red)

Lunch: Lettuce & Peppers (2/3 green)

Fix Dressing (1/1 orange)

Mozz. Shredded Cheese (1/1 blue)

Sweet potato (2/2 yellow)

Snack #2: Yogurt w/ Cinnamon (2/4 red)

Dinner: Turkey Breast (3/4 red)

EVOO (1/1 tsp)

Asparagus (3/3 green)

Snack #3: Hard-boiled Eggs (4/4 red)