21-DAY FIX MEAL PLAN

1,200-1,499 Calorie Range

WEEK 2

Daily Container Count	RRRR YY PP GGG B O TT	RRRR YY PP GGG B O TT	RRRR YY PP GGG B O TT	RRRR YY PP GGG B O TT	RRRR YY PP GGG B O TT	RRRR YY PP GGG B O TT	RRRR YY PP GGG B O TT
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Breakfast	Shakeology ½ Grapefruit 1R, 1P	Shakeology ½ Grapefruit 1R, 1P	Shakeology ½ banana 1R, 1P	Shakeology ½ banana 1R, 1P	Shakeology ½ banana 1R, 1P	Shakeology ½ banana 1R, 1P	Fix pancakes Drizzle of maple syrup 1Y, 1R, 1P
Snack	Overnight Oats with ½ banana 1Y, 1P	Overnight Oats with ½ banana 1Y, 1P	Cottage cheese Berries 1R, 1P	Plain Greek Yogurt with Berries 1R, 1P	Apple slices with Yogurt Dip 1R, 1P, 1t	Apple slices with Yogurt Dip 1R, 1P, 1t	Plain Greek Yogurt with Berries 1R, 1P
Lunch	21-Day Fix Lasagna roll ups (Sunday night leftovers) 1Y, 1G, 1R, 1B	Spicy beef with butternut squash 1G, 1R, 1t	Chicken and Spinach Sauté ½ cup Cauliflower rice 1R, 1G, ¼B, 1t	21-Day Fix Chicken Fajitas 1G, 1R, 2Y, 1t	Veggie burger patty Green salad 1G, 1R, 1t	Chicken Breast with Feta and Artichoke ½ cup Cauliflower Rice 1R, 1G, ½B	Grilled flank steak Green salad with Olive oil and balsamic vinegar 1R, 1G, 1t
Snack	Turkey slices (Deli meat) Veggies 1G, 1R	Turkey slices (Deli meat) Veggies 1G, 1R	Veggies and Seeds 1G, 1O	Veggies and Hummus 1G, 1B	Grape tomatoes Multigrain crackers 1G, 1Y	Veggies Seeds 1G, 1O	Veggies Seeds 1G, 1O
Dinner	Spicy beef with butternut squash 1G, 1R, 1t	Chicken and Spinach Sauté ½ cup Cauliflower rice 1R, 1G, ¼B, ½t	21-Day Fix Chicken Fajitas 1G, 1R, 2Y, 1t	Veggie burger patty Green salad 1G, 1R, 1t	Chicken Breast with Feta and Artichoke ½ cup Cauliflower Rice 1R, 1G, ½B	Grilled flank steak Sweet potato and kale hash 4oz wine 1R, 1G, 2Y, 1t	Pan seared Cod with Avocado Green beans 4oz wine 1R, 1G, 1Y, 1/2B, 1t
Water	w w w w w w w w w w	w w w w w w w w w w	w w w w w w w w w w	w w w w w w w w w w	w w w w w w w w w w	w w w w w w w w w w	w w w w w w w w w w