

21-DAY FIX MEAL PLAN

1,200-1,499 Calorie Range

Fixmealplanner.com

WEEK #3

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 1tsp PB Oatmeal 1R, 1t, 1Y	Shakeology 1tsp PB Oatmeal 1R, 1t, 1Y	Shakeology ½ grapefruit Oatmeal 1tsp PB 1R, 1P, 1Y, 1t	Shakeology ½ banana Oatmeal 1R, 1P, 1Y	Shakeology ½ banana 1R, 1P	Shakeology ½ banana Oatmeal 1tsp PB 1R, 1P, 1Y	Fix pancakes Drizzle of maple syrup 1R, 1P, 1Y
Snack	Cottage Cheese Pineapple 1R, 1P	Plain Greek Yogurt with Berries 1R, 1P	Cottage Cheese Pineapple 1R, 1P	Plain Greek Yogurt with Berries 1R, 1P	Cottage Cheese Berries 1R, 1P	Plain Greek Yogurt with Berries 1R, 1P	Cottage cheese Berries 1R, 1P
Lunch	21-Day Fix Beef Burritos 1R, 1Y, ½ P, 1B	Grilled Chicken on salad with veggies Fixate Honey Mustard Salad dressing 2G, 1R, 1O	Deli Turkey meat on salad Fixate Honey Mustard Salad dressing 1R, 1G, 1O	Leftover Pork Tenderloin with brussel sprouts 1R, 1G, 1t	Leftover Tilapia with shrimp and lemon Asparagus Brown rice 1Y, 1R, 1G, 1t	Deli Turkey meat on salad Fixate Honey Mustard Salad dressing 1R, 1G, 1O	Turkey Sausage and peppers 1G, 1R, 1t
Snack	Celery with peanut butter 1G, 1t	Veggies and Cheese 1G, 1B	Veggies and Hummus 1G, 1B	Veggies and Cheese 1G, 1B	Veggies and Turkey Slices 1G, 1B, 1R	Veggies and Cheese 1G, 1B	Veggies and Hummus 1G, 1B
Dinner	Grilled Chicken on salad with veggies Fixate Honey Mustard Salad dressing 2G, 1R, 1O	21-Day Fix Beef Burritos 1R, 1Y, 1P, 1B	One pan roasted Pork Tenderloin with brussel sprouts 1R, 1G, 1t	Tilapia en papillote with shrimp and lemon Asparagus Brown rice 1Y, 1R, 1G, 1t	Pasta Primavera 1G, 1Y, 1B, 1t	Turkey Sausage and peppers 5oz of Wine 1G, 1R, 1Y, 1t	Grilled Steak Roasted vegetables with potatoes 1G, 1R, 1Y, 1t
Water							