

21-DAY FIX MEAL PLAN

1,200-1,499 Calorie Range

FixMealPlanner.com

WEEK #4

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 ½ banana Oatmeal 1R, 1t, 1P, 1Y	Shakeology ½ banana Toast with PB 1R, 1t, 1P, 1Y	Shakeology ½ banana 1R, 1P	Shakeology ½ banana Toast with PB 1R, 1t, 1P, 1Y	Shakeology ½ banana 1tsp PB Oatmeal 1R, 1P, 1Y, 1t	Shakeology ½ banana Toast with PB 1R, 1t, 1P, 1Y	Fix pancakes Drizzle of maple syrup 1R, 1P, 1Y
Snack	Apple, Cheese, Seeds 1P, 1O, 1B	Plain Greek Yogurt with Berries 1R, 1P	Apple, Cheese, Seeds 1P, 1B, 1O	Plain Greek Yogurt with Berries 1R, 1P	Cottage Cheese Pineapple 1R, 1P	Plain Greek Yogurt with Berries 1R, 1P	Cottage Cheese Pineapple 1R, 1P
Lunch	Chicken Salad on Pita bread 1R, 1G, 1Y	Grilled Steak and veggies (peppers, zucchini, mushrooms) 1R, 1G	Chicken Salad on Pita bread 1R, 1G, 1Y	Pad Thai with Spaghetti Squash 2G, ½ Y, 1/2R, 1.5t	Veggie Burger patty on salad with avocado and yogurt Tzatziki sauce 1R, 1G, ½ B	Veggie Omelet 1R, 1G	Roasted Salmon, Spinach salad 1R, 1G, 1t
Snack	Veggies Turkey slices 1G, 1R	Veggies, Seeds 1G, 1O	Veggies Turkey slices 4 multigrain crackers 1G, 1R, 1/2Y	Veggies Seeds 1O, 1G	Veggies and Hummus 1G, 1B	Veggies 1G	Veggies 1G
Dinner	Grilled Steak and veggies (peppers, zucchini, mushrooms) 1R, 1G	Banh-Mi Tacos 1.5G, 1R, 1Y, 1B, 1t	Pad Thai with Spaghetti Squash 2G, ½ Y, 1/2R, 1.5t	Veggie Burger patty on salad with avocado and yogurt Tzatziki sauce 1R, 1G, ½ B	Marinated grilled chicken thighs Green beans 1R, 1G	Roasted Salmon, green beans, quinoa 1R, 1G, 1Y	Healthy Shrimp Pasta 1Y, 1R, 1G, 1t
Water							