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21 DAY FIX MEAL PLANNER

calorie target: _____

Green Purple Red Yellow Blue
Orange Teaspoons

Breakfast: [] [] [] [] [] [] [] []

Snack: [] [] [] [] [] [] [] []

Lunch: [] [] [] [] [] [] [] []

Snack: [] [] [] [] [] [] [] []

Dinner: [] [] [] [] [] [] [] []

21 Day Fix Meal Plan and Workouts

6 Green, 4 Purple, 6 Red, 4 Yellow, 1 Blue, 1 Orange, 6 tsp.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Total Body Cardio Fix	Upper Fix	Lower Fix	Plates Fix	Cardio Fix	Dirty 30 (Or Total Body Cardio Fix)	Yoga Fix
Breakfast	Shakeology Strawberries	Oatmeal 2 Eggs 4 Turkey Bacon Sliced Apple	Shakeology Strawberries	Greek Yogurt Peaches Cereal Honey (x2)	Shakeology 1/2 Banana Peanut Butter (x2)	2 Eggs 4 Turkey Bacon Tomato 1/2 Grapefruit Toast (x2)	Shakeology Strawberries
Snack	Celery Almond Butter (x2) Skim Milk	2 Hard-boiled Eggs Turkey lunchmeat Cheddar Cubes Red Bell Pepper	Apple Peanut Butter (x2) Dark Choc Chips (top) Skim Milk	Apple Peanut Butter (x2) Coconut	2 Hard-boiled Eggs Red Bell Peppers	Celery Carrots Almond Butter (x2) Apple Sauce	Apple Peanut Butter (x2) Dark Choc Chips (top) Skim Milk
Lunch	Mixed Salad (x2) Tomato & Bell Pepper Chicken 1/2 Grapefruit Asian Citrus Dressing Cheddar Cheese Whole Wheat Crax (x2)	Shakeology Strawberries 1/2 Banana 1 Small Bagel (x2)	Mixed Salad (x2) Tomato & Bell Pepper Pineapple Chicken Bals. Vinaigrette Feta Crumbles Whole Wheat Crax	Turkey lunchmeat Turkey Bacon Sandwich Round Lettuce (x2) Tomato (x2) Cheese Peach	Mixed Salad (x2) Tomato & Bell Pepper Chicken 2 Hard-boiled eggs Grapefruit (1 whole/x2) Whole Wheat Crax	Shakeology Banana Peanut Butter (x2)	Mixed Salad (x2) Tomato & Bell Pepper Chicken 1/2 Grapefruit Asian Citrus Dressing Cheddar Cheese Whole Wheat Crax
Snack	Choc. Protein Shake Greek Yogurt 1/2 Banana Flavored Oil Pineapple (x2)	Celery (x2) Carrots Almond Butter Skim Milk (x2)	Choc. Protein Shake Greek Yogurt Raspberries Flavored Oil	2 Hard-boiled Eggs Turkey Lunchmeat Red Bell Peppers Whole Wheat Crax	Choc. Protein Shake Peanut Butter (x2) 1/2 Small Bagel	Greek Yogurt Raspberries Honey (x2)	Choc. Protein Shake Greek Yogurt 1/2 Banana Flavored Oil
Dinner	Wild Rice Broccoli (x2) Olive Oil (x2) Apple Sauce	Chicken Steak (x2) Summer Squash (x2) Brown Rice Pineapple Olive Oil (x2)	Beef Sirloin Steak Summer Squash (x2) Olive Oil (x2)	Pork Tenderloin Corn on the Cob Scams (for Gals) Apple Sauce	Baked Chicken 1 Baked Potato (x2) Cheese Spinach (x2) Apple Sauce	Lettuce (x2) Tomato Sliced Cilantro Ground Beef Cheese 3 Corn Tortillas	Wild Rice Broccoli (x2) Olive Oil (x2)
Totals	6, 4, 4, 4, 1, 1, 5	6, 4, 4, 4, 1, 1, 5	6, 4, 4, 4, 1, 1, 5	6, 4, 4, 4, 1, 1, 4	6, 4, 4, 4, 1, 1, 4	6, 4, 4, 4, 1, 1, 4	6, 4, 4, 4, 1, 1, 5

Sample: CORE DE FORCE Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Yoga: Mat Pilates 1:45 & 4:15	1hr 20m: Yoga: Yoga Mat Pilates	1hr: 10min: Yoga: Mat Pilates	1hr: 10min: Yoga: Mat Pilates	Tuesday: 1hr 20: Mat Pilates	1hr: 10min: Yoga: Mat Pilates	1hr: 10min: Yoga: Mat Pilates
Breakfast (7-9 am)	2 scrambled eggs, 2 slices turkey bacon, 1/2 cup tomatoes, 1/2 cup spinach, 1 slice of toast, 1 tsp coconut oil	1 cup oats, 1/2 banana, 1 tsp natural pb, 1/2 banana, 2 hard-boiled eggs	1/2 cup oats, 1/2 banana, 1 tsp natural pb, 1/2 banana, 2 hard-boiled eggs	2 scrambled eggs, 2 slices turkey bacon, 1/2 cup tomatoes, 1/2 cup spinach, 1 slice of toast, 1 tsp coconut oil	1/2 cup oats, 1/2 banana, 1 tsp natural pb, 1/2 banana, 2 hard-boiled eggs	2 scrambled eggs, 2 slices turkey bacon, 1/2 cup tomatoes, 1/2 cup spinach, 1 slice of toast, 1 tsp coconut oil	1 whole wheat banana pancakes, 4 slices turkey bacon, 1/2 banana
Snack (10-11 am)	Shakeology, 1/2 banana, 1 tsp spinach	Shakeology, 1/2 banana, 1 tsp natural pb, 1 tsp spinach	Shakeology, 1/2 banana, 1 tsp natural pb	Shakeology, 1/2 banana, 1 tsp natural pb	Shakeology, 1/2 banana, 1 tsp natural pb	Shakeology, 1/2 banana, 1 tsp natural pb	Shakeology, 1/2 banana, 1 tsp natural pb
Lunch (12:00-1:30 pm)	1 cup greens, 1 medium tomato, 1/2 cup grilled chicken, 1 whole grain tortilla wrap, 1 tsp olive oil	1 cup greens, 1 medium tomato, 1/2 cup grilled chicken, 1 whole grain tortilla wrap, 1 tsp olive oil	1 cup greens, 1 medium tomato, 1/2 cup grilled chicken, 1 whole grain tortilla wrap, 1 tsp olive oil	1 cup greens, 1/2 cup grilled chicken, 1/2 cup whole wheat bread, 1 tsp olive oil	1 cup greens, 1/2 cup black bean burger, shredded cheese, 1 whole grain tortilla wrap, 1 tsp olive oil	1 cup greens, 1/2 cup black bean burger, shredded cheese, 1 whole grain tortilla wrap, 1 tsp olive oil	1 cup greens, 1/2 cup black bean burger, shredded cheese, 1 whole grain tortilla wrap, 1 tsp olive oil
Snack (3-4 pm)	apple, 1 tsp natural pb	apple, 1 tsp natural pb	apple, 1 tsp natural pb	apple, 1 tsp natural pb	apple, 1 tsp natural pb	apple, 1 tsp natural pb	apple, 1 tsp natural pb
Dinner (5-7 pm)	Blue Apron: Baked Chicken w/roasted rice, corn & cherry tomatoes, 1 red, 1 green, 2 yellow, 1 tsp	Blue Apron: Crispy Salmon w/roasted green beans & cucumber salad, 1 red, 1 green, 1 yellow, 1 tsp	Floro: Sticky ribs, 1 green, 1 red, 1 teaspoon, 2 yellow (baked sweet potato)	Crock Pot White Chicken Chili, 1/2 cup chicken, 1/2 cup onion, 1 cup Northern beans	Chicken Fajita Tostitos, 1/2 cup chicken, 1/2 cup bell pepper, 1/2 cup corn, 2 corn tortillas, 1 tsp olive oil	Korean Grilled Chicken, 1/2 cup chicken, 1/2 cup pineapple, 1/2 cup brown rice	Blue Apron: Korean Pork Tacos w/pep. red cabbage slaw, 1 red, 1 green, 1 yellow
Snack (8-9 pm)	1/2 cup Greek yogurt, 1 tsp natural pb	1/2 cup Greek yogurt, 1 tsp natural pb, 1 tsp chocolate chips	1/2 cup Greek yogurt, 1 tsp natural pb, 1 tsp chocolate chips	1/2 cup Greek yogurt, 1 tsp natural pb, 1 tsp chocolate chips	1/2 cup Greek yogurt, 1 tsp natural pb, 1 tsp	1/2 cup Greek yogurt, 1 tsp natural pb, 1 tsp	1/2 cup Greek yogurt, 1 tsp natural pb

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