



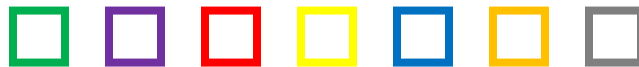
21 Day Fix Meal Planner

Calorie target _____

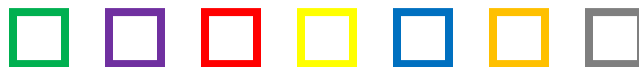
Green Purple Red Yellow Blue

Orange Teaspoons

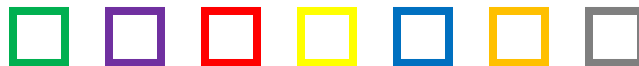
Breakfast: _____



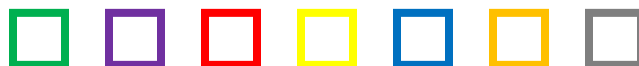
Snack: _____



Lunch: _____



Snack: _____



Dinner: _____

