



21 Day Fix Meal Planner

Calorie target 1,500-1,799

4 Green 3 Purple 4 Red 3 Yellow 1 Blue

1 Orange 4 Teaspoons

Breakfast: Chocolate Shakeology w/ Banana; Toast & Peanut Butter

1 2 1 1 1 1 1

Snack: 2 Hard Boiled Eggs; Baby Carrots and Edamame

1 1 1 1 1 1 1

Lunch: Greek Salad w/ cucumber, bell peppers and mushrooms, olives, feta and Chicken + oil and vinegar dressing

2 1 1 1 1/2 1 1

Snack: Green Apple with Peanut Butter

1 1 1 1 1 1 1

Dinner: Ground Turkey Stuffed Bell Peppers (recipe on my blog); Asparagus

1 1/4 1 1 1/2 1 1