

WEEK 1: 21 DAY FIX MEAL PLAN

(1200-1499 Calorie Plan)

Email me for support on the Day 21 Fix and access to my *exclusive* BONUS materials!

EMAIL: Leslie@FITsSimple.com WEBSITE: www.FITsSimple.com

M	B: 	Blueberry Greek Yogurt w. Sunflower Seeds	SNACKS am:  Vegan Chocolate Shakeology pm:  2 HB Eggs & Grapes
	L: 	Cucumber Tomato Salad w. V&O & Pita w/ Hummus	
	D: 	Baked Chicken & Quinoa Salad	
TU	B: 	Blueberry Greek Yogurt w. Sunflower Seeds	SNACKS am:  Strawberry Shakeology pm:  Cucumbers
	L: 	Spinach Salad w. Baked Chicken & Pears	
	D: 	Whole Grain Tortilla Pizza w. Spinach and Turkey Bacon	
W	B: 	Berry Oatmeal & Yogurt	SNACKS am:  Vegan Chocolate Shakeology pm:  Cucumbers & Tomato Salad
	L: 	Turkey Rollups w/ Hummus & Peppers & Strawberries	
	D: 	Peanut Crusted Talapia w. Broccoli	
TH	B: 	Yogurt & Berries	SNACKS am:  Strawberry Shakeology pm:  Apple
	L: 	Pita w/ Hummus, Cucumber, Tomato, and 2 HB Eggs	
	D: 	Chicken Pasta w. Tomato, Spinach, and Olives	
F	B: 	Scrambled Eggs w. Whole Grain Toast	SNACKS am:  Vegan Chocolate Shakeology pm:  Grapes & Yogurt
	L: 	Turkey Rollups w/ Hummus & Peppers & Strawberries	
	D: 	Veggie Stir Fry & Brown Rice & Sesame Seeds	
S	B: 	Fruit Bowl, Yogurt & Shredded Coconut	SNACKS am:  Strawberry Shakeology pm:  Peppers & Hummus
	L: 	Pizza, Fruit Salad, Veggie Sticks (Girl's Birthday Party)	
	D: 	Blackened Salmon & Root Medley	
SU	B: 	Eggs w. Whole Grain Toast w. Blueberries	SNACKS am:  Vegan Chocolate Shakeology pm:  Celery & PB
	L: 	Pita w/ Hummus, Cucumber & Tomato w. Chicken	
	D: 	Chicken Salad w. Apples & Sunflower Seeds	