

21 day **FIX**™ *Vegan* MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Shakeology* Banana* Mixed berries* Rolled oats*	Shakeology* Quinoa* Berries*	Shakeology* Banana*	Shakeology* Ezekiel bread* Almond butter	Quinoa* Berries*	Shakeology* Banana*	Shakeology*
Snack	Salad greens* Salad veggies* Pumpkin seeds* Chickpeas* Walnuts*	Salad greens* Salad veggies* Pumpkin seeds* Chickpeas* Quinoa* Avocado*	Quinoa* Berries* Walnuts* Coconut flakes*	Sweet potato* Veggie burger* Banana*	Shakeology* Greens*	Banana* Walnuts*	Steel cut oats* Berries* Walnuts*
Lunch	Quinoa* Black eyed* peas	Veggie burger* Sweet potato* Lentils* Coconut oil	Sweet potato* Veggie burger* Veggies* Coconut oil	Black beans Sweet potato* & red onion Veggies*	Salad greens Salad veggies Sunflower* seeds Avocado*	Quinoa* Berries* Chia seeds* Coconut flakes	Tofu* Lentils* Veggies*
Snack	Sweet potato* Almond butter	Banana* Shakeology*	Veggie burger* Veggies*	Orange* Walnuts*	Split peas* Banana*	Farro Sweet potato* Veggies*	Farro* Lentils* Seeds* Veggies* Cherries*
Dinner	Tempeh* Onions &* greens Other veggies*	Not hungry	Shakeology*	Tempeh* Steamed* veggies	Shakeology* Greens*	Tofu* Lentils* Veggies*	Roasted* chickpeas Veggies*

My Plan - 4 Green*, 3 Purple*, 4 Red*, 2 Yellow*, 1 Blue*, 1 Orange*, 2 tsp*

Veggie burgers and hummus are homemade

Sometimes I would have a 1/2 or 3/4 scoop of Shakeology, and the rest later

*Note - I bumped myself up a calorie range because I am nursing.

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