

21 Day Fix Planning Tools

21 Day FIX SHOPPING LIST

FRUITS		VEGGIES	
PROTEIN		CARBS	
FATS: Dressings		FATS: Oils & Vinegars	

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Fitness + Motivation + Support = Success









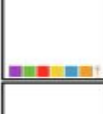
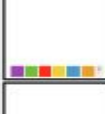





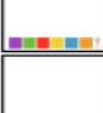
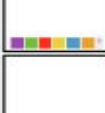
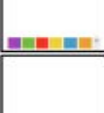










21 DAY FIX WORKSHEET

FRUIT	FRUIT	VEGGIES	VEGGIES	
FRUIT	FRUIT	VEGGIES	VEGGIES	
PROTEIN	PROTEIN	VEGGIES	VEGGIES	
PROTEIN	PROTEIN	CARBS	CARBS	
PROTEIN	PROTEIN	CARBS	CARBS	
PROTEIN	PROTEIN	CARBS	CARBS	

FATS: BUTTER, HUMMUS, OLIVE OIL, AVOCADO
FATS: DRESSINGS, SEEDS

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21 DAY FIX WEEKLY MEAL PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

Directions: Write the starting date for the week on the top of your planner. Fill in your daily meals, then fill in how many of each colored container you used. Cut your snack box in half if you will be having more than one snack per day.

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Meal planning and prepping is key with the 21 Day Fix!

Use these tools along with the Tally Sheet listed below and/or the iPhone tracker method to ensure you stay on track & see results!
-Nikki