

21 Day Fix Meal Plan - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2 eggs 1/4 med avocado snow peas & carrots (raw)	2 hb eggs hummus carrots & celery	Shakeology w/oatmeal & almond milk	waffle 1 tsp pb apple honey	4 eggs veggies	quinoa almond milk berries	steel cut oats fruit 8 walnut halves
Snack	Greek yogurt mixed berries	Shakeology	veggies peanuts	Shakeology	12 almonds 2 figs	veggies hummus	protein shake
Lunch	Strawberry Shakeology	sweet potato salad pumpkin seeds dressing	veggie pita hummus fruit	Veggie Burger salad dressing	Greek Yogurt berries steel cut oatmeal	veggie burger salad dressing	salad dressing Tofu
Snack	peanuts 2 hb eggs	Cottage Cheese orange	protein shake	12 almonds 2 figs	Shakeology	yogurt fruit	Shakeology
Dinner	red beans & rice (2 portions) spring green salad with fresh veggies (2 portions) dressing small apple	Mixed Veggie Stir Fry Lentils Tofu Fruit	fruit 4 Eggs veggie scramble 1 tsp oil	veggies (2 portions) Tofu (2 portions) 1 tsp oil brown rice	salad dressing 2 slices cheese pizza Kale chips choc. chips	cooked veggies 1 tsp oil Smart Sausage Shakeology	Veggies (2 portions) 1 tsp oil Quinoa Mahi fruit