

21 Day Fix Meal Plan - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2 Large Eggs 1/4 med. Avocado Veggies	4 Eggs Whites Salad Dressing	6 Egg Whites Cinnamon Raisin English Muffin	2 Large Eggs Salsa & Veggies Black Beans	4 Eggs Fruit	4 Egg & Veggie Scramble	Oatmeal Fruit 8 Walnut halves
Snack	Greek Yogurt Berries	2 small Figs 12 Almonds	Fruit 12 Almonds	Greek Yogurt Berries	Veggies & Hummus	2 small Figs 12 Almonds	4 Egg Whites Carrot Sticks
Lunch	Salad Tofu Dressing	Sweet Potato Veggies 1 tsp oil	Double Salad Dressing	Veggie Pita w/Hummus	Greek Yogurt Berries Steel Cut Oatmeal	Salad Tofu Dressing 2 tsp choc Chips	Sweet Potato Veggies 1 tsp oil
Snack	Shakeology teaspoon pb2	Shakeology	Shakeology teaspoon pb2	Shakeology	Shakeology teaspoon pb2	Shakeology	Shakeology
Dinner	Brown Rice Veggies 1 tsp oil Fruit	Veggies 1 tsp oil Tofu Quinoa Fruit	Veggies 1 tsp oil Lentils Fruit	Veggie Burger Salad Dressing Fruit 2 tsp choc	Salad Dressing 2 slices cheese Pesto Kale Chips	Red Beans & Rice Cooked Veggies 1 tsp oil Fruit	Veggie Burger Salad Dressing Fruit 1 tsp choc chips

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1,200-1,499 calorie target = 3 green, 2 purple, 4 red, 2 yellow, 1 blue, 1 orange, & 2 teaspoons