

21 DAY FIX: WEEK 2 MEAL PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	2 EGGS SCRAMBLED WITH SPINACH & MUSHROOMS, BANANA, TOAST	2 EGGS SCRAMBLED WITH SPINACH & MUSHROOMS, BANANA	2 EGGS SCRAMBLED WITH SPINACH & MUSHROOMS, BANANA, TOAST	2 EGGS SCRAMBLED WITH SPINACH & MUSHROOMS, BANANA	2 EGGS SCRAMBLED WITH SPINACH & MUSHROOMS, BANANA	2 EGGS SCRAMBLED WITH SPINACH & MUSHROOMS, BANANA	2 EGGS SCRAMBLED WITH SPINACH & MUSHROOMS, BANANA
SNACK 1	CHOCOLATE SHAKEOLOGY PEANUT BUTTER (2 SPOONS)	CHOCOLATE SHAKEOLOGY PEANUT BUTTER (2 SPOONS)	CHOCOLATE SHAKEOLOGY PEANUT BUTTER (2 SPOONS)	STRAWBERRY SHAKEOLOGY ALMOND MILK, ICE	CHOCOLATE SHAKEOLOGY PEANUT BUTTER (2 SPOONS)	STRAWBERRY SHAKEOLOGY ALMOND MILK, ICE	STRAWBERRY SHAKEOLOGY ALMOND MILK, ICE
LUNCH	SALAD (2 GREEN), CHICKEN, DRESSING, APPLE	SLICED HAM, 1 SLICE OF BREAD, SPINACH, CHERRY TOMATOES (ON THE SIDE)	SALAD (2 GREEN), FETA CHEESE, CHICKEN, DRESSING, APPLE	GRILLED CHICKEN, SWEET POTATO, FRESH VEGGIES	SALAD (2 GREEN), THICK PEAS, CHICKEN, FETA CHEESE, DRESSING, APPLE	COTTAGE CHEESE, WHOLE WHEAT CRACKERS, FRESH VEGGIES	SALAD (2 GREEN), CHICKEN, DRESSING, APPLE
SNACK 2	HUMMUS, WHOLE WHEAT CRACKERS	APPLE, PEANUTS	WHOLE GRAIN WAFFLE, PEANUT BUTTER (2 SPOONS)	TORTILLA CHIPS, SALSA	WHOLE GRAIN WAFFLE, PEANUT BUTTER (2 SPOONS), BERRIES	APPLE, WHOLE WHEAT WAFFLE, 2 SPOONS PEANUT BUTTER	BERRIES, CASHEWS
DINNER	GRILLED CHICKEN, CARROTS, PEAS, CANTALOUPE	GROUND TURKEY, BLACK BEANS, SALSA, SHREDDED CHEESE, CORN TORTILLA CHIPS	LEMON CHICKEN, CARROTS, PEAS, BERRIES	BUFFALO GRILLED CHICKEN (2 SPOONS OIL), SALAD (2 GREEN), FETA CHEESE, DRESSING, BERRIES	DINNER AT OUTBACK: STEAK, SWEET POTATO, CAESAR SALAD	HONEY LIME SALMON (2 SPOONS OIL), SALAD (2 GREEN), FETA CHEESE, DRESSING, CANTALOUPE	PIZZA (2 SLICES, 2 YELLOW, 1 RED), FRESH VEGGIES,
WORKOUT	TOTAL BODY (CARDIO) FIX	UPPER FIX	LOWER FIX	PILATES FIX	CARDIO FIX	DIRTY 30	YOGA FIX