

21 Day Fix Meal Plan - 1,500 - 1,799 Calories

whitneydelong.com

	Breakfast	Lunch	Snack	Dinner	Snack
<i>Monday</i>	Shakeology	lean ground turkey	small apple	grilled chicken	greek yogurt 1%
	16 oz unsweet almond milk	2 corn tortillas	peanut butter	sauteed kale w/ 2 tsp olive oil	unsweetened coconut flakes
	strawberries	tomatoes		string beans	stevia
		shredded cheddar cheese		quinoa	blueberries
		lettuce			
<i>Tuesday</i>	2 Eggs	spinach x2	small apple	lean ground turkey	Shakeology
	Steel cut oatmeal	strawberries	peanut butter	string beans	2 tsp coconut oil
	blueberries	21 Day Fix dressing	1 slice whole wheat bread	sweet potato	12 almonds
		grilled chicken			
		10 baby carrots			
<i>Wednesday</i>	Shakeology	lean ground turkey	small apple	grilled chicken	greek yogurt 1%
	16 oz unsweet almond milk	2 corn tortillas	peanut butter	sauteed kale w/ 2 tsp olive oil	unsweetened coconut flakes
	strawberries	tomatoes		string beans	stevia
		shredded cheddar cheese		quinoa	blueberries
		lettuce			
<i>Thursday</i>	2 Eggs	spinach x2	small apple	lean ground turkey	Shakeology
	Steel cut oatmeal	strawberries	peanut butter	string beans	2 tsp coconut oil
	blueberries	21 Day Fix dressing	1 slice whole wheat bread	sweet potato	12 almonds
		grilled chicken			
<i>Friday</i>	2 Eggs, poached	spinach x2	1/2 banana	cumin tempeh strips	1/2 banana
	sauteed kale w/ 2 tsp olive oil	strawberries	peanut butter	string beans	Shakeology
	1 slice whole wheat bread	21 Day Fix dressing	Steel cut oatmeal	high protein PB chocolate bar	
		grilled chicken			
		feta cheese			
<i>Saturday</i>	Shakeology	cumin tempeh strips	small apple	flank steak	high protein PB chocolate bar
	blueberries	spinach salad x2	peanut butter	mixed veggie stir fry	
	Steel cut oatmeal	21 Day Fix dressing	greek yogurt 1%	quinoa	
		feta cheese			
		strawberries			
<i>Sunday</i>	Shakeology	cumin tempeh strips	small apple	flank steak	high protein PB chocolate bar
	blueberries	spinach salad x2	peanut butter	mixed veggie stir fry	
	Steel cut oatmeal	21 Day Fix dressing	greek yogurt 1%	quinoa	
		feta cheese			
		strawberries			