

# Weekly 21 Day Fix Extreme Meal Plan - Countdown to Competition

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	<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
<i>Monday</i>	2 veggie egg cups Coffee 2 tsp coconut oil	Shakeology	2 cups turkey chili	21 DF ranch dressing English cucumber slices buffalo chicken	2 Poached eggs over asparagus 1 tsp olive oil 1/2 potato
<i>Tuesday</i>	2 veggie egg cups Coffee 2 tsp coconut oil	Shakeology	2 cups turkey chili	21 DF ranch dressing English cucumber slices buffalo chicken	2 Poached eggs over asparagus 1 tsp olive oil 1/2 potato
<i>Wednesday</i>	2 veggie egg cups Coffee 1 slice Ezekiel bread Banana	Shakeology Granola	2 cups turkey chili	21 DF ranch dressing English cucumber slices	Crockpot chicken & squash
<i>Thursday</i>	2 veggie egg cups Coffee	Shakeology Honeydew melon	2 Poached eggs over asparagus 1 tsp olive oil 1/2 potato	21 DF ranch dressing English cucumber slices	Crockpot chicken & squash
<i>Friday</i>	2 veggie egg cups Coffee	Shakeology	2 Poached eggs over asparagus 1 tsp olive oil 1/2 potato	21 DF ranch dressing English cucumber slices	Crockpot chicken & squash
<i>Saturday</i>	2 veggie egg cups Coffee	Shakeology	2 cups turkey chili	21 DF ranch dressing English cucumber slices buffalo chicken	2 Poached eggs over asparagus 1 tsp olive oil 1/2 potato
<i>Sunday</i>	2 veggie egg cups Coffee 1 slice Ezekiel bread Banana	Shakeology Granola	2 cups turkey chili	21 DF ranch dressing English cucumber slices	2 Poached eggs over asparagus 1 tsp olive oil 1/2 potato