



21 day fix daily meal planner

calorie target: 1200 to 1499 day of the week: 1

1

	<p>Shakeology Fruit (on the side or in your shake)</p>	 <input type="checkbox"/>
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2

	<p>(2) egg omelet with goat cheese</p>	 <input type="checkbox"/>
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3

	<p>Apple with nut butter</p>	 <input type="checkbox"/>
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4

	<p>Chicken salad (organic chicken breast and lettuce mix) with homemade dressing (from Eating Plan or Fixate Cookbook) Sweet potato (on the side)</p>	 <input type="checkbox"/>
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5

	<p>Lean protein (organic chicken, turkey or pork sauted in olive or coconut oil) Sweet potato Green beans</p>	 <input type="checkbox"/>
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■ Proteins
 ■ Carbs
 ■ Veggies
 ■ Healthy Fats
 ■ Fruits
 ■ Seeds/Oil

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