

21 day fix daily meal planner

calorie target: 1200 to 1499 day of the week: 2








1

     	Shakeology	 <input type="checkbox"/>
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2

     	(2) eggs scrambled with asparagus	 <input type="checkbox"/>
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





3

     	Whole banana with nut butter	 <input type="checkbox" value="2"/>
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4

     	Romaine lettuce with canned tuna, avocado and homemade dressing (from Eating Plan or Fixate Cookbook)	 <input type="checkbox"/>
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5

     	Ground chicken or turkey Sweet potato	 <input type="checkbox"/>
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 Proteins
  Carbs
  Veggies
  Healthy Fats
  Fruits
  Seeds/Oil

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