

21 day fix daily meal planner

calorie target: 1200 to 1499 day of the week: 3

1



Shakeology
Fruit (in Shake or on the side)



2



(2) egg omelet with mushrooms



3



1/2 banana with nut butter



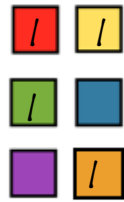
4



Turkey rollups (turkey lunch meat, lettuce and avocado)
Whole wheat crackers



5



Greek chicken pita (sautéed organic chicken breast tossed with Greek seasoning, tomato, onion, cucumber, kalamata olives, and olive oil served in whole wheat pita)



Proteins Carbs Veggies Healthy Fats Fruits Seeds/Oil

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