

21 day fix daily meal planner

calorie target: 1200 to 1499 day of the week: 4

1



Shakeology



2



(2) sunny side up eggs
Sautéed green peppers and onions
Pinto or black beans



3



Whole banana with nut butter



4



Tuna salad (lettuce with canned tuna)
topped with seeds (sunflower, pumpkin, etc.)
and homemade dressing (from Eating
Plan or Fixate Cookbook)



5



Chicken tacos (sautéed organic chicken
breast, medley of sweet peppers and cheese
on two corn tortillas)



Proteins Carbs Veggies Healthy Fats Fruits Seeds/Oil

Coach Monica Koon (ID#86658)

monica@thefitclubnetwork.com • [facebook/ilikemonickoon](https://www.facebook.com/ilikemonickoon) • [instagram @monicapeneku](https://www.instagram.com/monicapeneku)