

# 21 day fix daily meal planner

calorie target: 1200 to 1499 day of the week: 5

1



Shakeology  
Fruit (on the side or in your shake)



2



(2) hard boiled eggs  
Tomato slices



3



1/2 banana with nut butter



4



Greek turkey pita (organic ground turkey or breast with cucumber, onion, tomato and kalamata olive medley and hummus)



5



Grilled chicken Dijon (organic chicken breast with Dijon mustard and garlic)  
Sweet potato  
Asparagus (sautéed in olive oil)



Proteins Carbs Veggies Healthy Fats Fruits Seeds/Oil

**Coach Monica Koon ( ID#86658 )**

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