

21 day fix daily meal planner

calorie target: 1200 to 1499 day of the week: 6



1

| | | |
|---|------------|---|
|  | Shakeology |  <input type="checkbox"/> |
|---|------------|---|



2

| | | |
|---|---|---|
|  | (2) egg omelet with spinach and feta cheese |  <input type="checkbox"/> |
|---|---|---|

3

| | | |
|--|-----------------------------|--|
|  | Half banana with nut butter |  <input type="checkbox"/> 1 |
|--|-----------------------------|--|

4

| | | |
|---|---|---|
|  | Chicken tacos (sautéed organic chicken breast, medley of sweet peppers on two corn tortillas) |  <input type="checkbox"/> |
|---|---|---|

5

| | | |
|---|--|---|
|  | South American chicken (organic chicken breast sautéed with pinto beans and olives) Spinach sautéed in olive oil |  <input type="checkbox"/> 1 |
|---|--|---|

■ Proteins
 ■ Carbs
 ■ Veggies
 ■ Healthy Fats
 ■ Fruits
 ■ Seeds/Oil

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