








# 21 day fix daily meal planner

calorie target: 1200 to 1499 day of the week: 7

1

     	Shakeology	 <input data-bbox="1448 583 1497 636" type="checkbox"/>
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2

     	Plain Greek yogurt with strawberries Carrots	 <input data-bbox="1448 848 1497 900" type="checkbox"/>
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3

     	Apple with nut butter	 <input data-bbox="1448 1121 1497 1173" type="checkbox"/>
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4

     	Tuna melt (canned tuna with cheese on whole wheat pita) Carrot and onion medley	 <input data-bbox="1448 1386 1497 1438" type="checkbox"/>
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5

     	Italian chicken (sautéed organic chicken breast with Italian seasoning) Whole wheat pasta with diced tomatoes Spinach sautéed with olive oil	 <input data-bbox="1448 1659 1497 1711" type="checkbox"/>
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 Proteins
  Carbs
  Veggies
  Healthy Fats
  Fruits
  Seeds/Oil

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