Weekly Meal Planner 21 Day Fix www.heatherdietelfitness facebook.com/dietelfitness 1,200-1,499 calories 3 Green, 2 Purple, 4 Red, 2 Yellow, 1 Blue, 1 Orange, 2 Teaspoons

	Breakfast	Snack	Lunch	Snack	Dinner
	2 Scrambled Eggs, Oatmeal with 1	Shakeology with water and ice	Mixed green salad (lettuce,	Yogurt, Fruit	Black bean chili (made with black
	teaspoon of coconut oil, Fruit & black		cucumbers, tomatoes, bell		beans, red peppers, tomatoes an
	coffee		peppers), avocado salad		onions) Add ground beef
Sunday	Conce		dressing (from 21 Day Fix recipe)		orlions) ridd groond been
			aressing (from 21 Day Fix recipe)		
Containers Used	1 red, 1 yellow, 1 purple, 1 teaspoon	1 red	2 greens, 1 orange, 1 blue	1 red, 1 purple	1 yellow, 1 green, 1 red
Comunicis oscu	Breakfast	Snack	Lunch	Snack	Dinner
				Raw Almonds	Baked Salmon, broccoli cooked in
	Shakeology with almond milk, ice,	2 boiled eggs, side of fruit	,	Raw Almonas	The state of the s
	banana and peanut butter		beans, red peppers, tomatoes and		coconut oil
Monday			onions) Add ground beef		
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Containers Used	1 red, 1 yellow, 1 purple, 1 teaspoon	1 red, 1 purple	1 yellow, 1 green, 1 red	1 blue	1 red, 1 green, 1 teaspoon
	Breakfast	Snack	Lunch	Snack	Dinner
	3 scrambled egg whites, fruit, whole	Shakeology with water and ice	Mixed green salad (lettuce,	Whole Grain toast with peanut	Grilled steak, asparagus cooked ir
	grain toast black coffee		cucumbers, tomatoes, bell	butter	olive oil
	grain roast black colleg		peppers), avocado, salad dressing		01140 011
Tuesday					
			(from 21 Day Fix recipe)		
Containers Used	1 red, 1 purple, 1 yellow, 1 teaspoon	1 red	2 greens, 1 orange, 1 blue	1 yellow, 1 teaspoon	1 red, 1 green, 1 teaspoon
	Breakfast	Snack	Lunch	Snack	Dinner
	Shakeology with almond milk, ice,	Apple and 1 teaspoon of peanut	Grilled chicken, yellow squash and	2 boiled eggs and avocado	Shrimp stir fry (mixed veggies) fried
	banana and peanut butter		green beans		in coconut oil
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Wednesday					
Containers Used	1 red, 1 yellow, 1 purple, 1 teaspoon	1 purple, 1 teaspoon	1 red, 2 greens	1 red, 1 blue	1 green, 1 red
	Breakfast	Snack	Lunch	Snack	Dinner
	3 scrambled egg whites, fruit, whole	Shakeology with water and ice	Mixed green salad (lettuce,	Yogurt, Fruit	Hamburger patty (no bun),
	grain toast with olive oil (instead of		cucumbers, tomatoes, bell		broccoli, sweet potato fries baked
Thursday	butter) black coffee		peppers), avocado baked		with olive oil
morsady			sweet potato, salad dressing (from		
			21 Day Fix recipe)		
Containers Used	1 red, 1 purple, 1 yellow, 1 teaspoon	1 red	2 greens, 1 orange, 1 blue, 1 yellow	1 red, 1 purple	1 red, 1 green, 1 yellow, 1
					,
	Breakfast	Snack	Lunch	Snack	Dinner
	Shakeology with almond milk, ice,	hummus and veggies	Veggie burger patty, black beans,	Green apple with teaspoon of	Spaghetti Squash with marinara
	banana		served on fresh spinach.	peanut butter , 2 boiled eggs	sauce. Grilled chicken with melted
Full all and					cheese. Glass of Red wine
Friday					
		<u> </u>			11/2
Containers Used	1 red, 1 yellow, 1 purple, 1 teaspoon	1 orange, 1 green	1 1/2 green, 1 red, 1 yellow,	1 purple, 1 teaspoon, 1 red	1 1/2 green, 1 red, 1 yellow , 1 blue
	Breakfast	Snack		Snack	Dinner
	Turkey bacon, whole grain toast,	Shakeology with water and ice	Mixed green salad (lettuce,	Banana with peanut butter	Crock pot chicken tacos with
	strawberries		cucumbers, tomatoes, bell		black beans and corn tortillas,
Saturday			peppers), salad dressing (from 21		serve with avocado and salsa
Jululudy			Day Fix recipe) 1/2 dressing 1/2		
			pumpkin seeds , 2 boiled eggs		
			<u> </u>		
Containers Used	1 red, 1 yellow, 1 purple www.heatherdietelfitness.com	1 red IG: @lovemygreatlife	3 greens, 1 orange, 1 red Twitter: @lovemygreatlife	1 purple, 1 teaspoon FB: facebook.com/dietelfitness	1 red, 1 yellow, 1 blue