

1,200-1,499 calories 3 Green, 2 Purple, 4 Red, 2 Yellow, 1 Blue, 1 Orange, 2 Teaspoons

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