



January 11-17

21 day FIX

1,200-1,499 Meal Plan



	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Workout	Activities
Monday	Steal cut oats, chia 	Greek yogurt n raspberries 	Shakeology, 1/2 banana, flax, spinach 	Sliced turkey, avocado, broccoli 	Balsamic pork in crock pot, broccoli, couscous 	Total Body Cardio or Cize	R- practice 5-7pm. M- practice 4-5:30.
Tuesday	2 hard boiled eggs, melon 	Cauliflower n celery w/ hummus 	Shakeology, 1/2 banana, chia, flax, kale 	Cottage cheese, edamame 	Grass fed beef steaks, sweet potatoes, mixed salad 	Upper fix & 10 min abs	M- practice 5-6pm
Wednesday	2 eggs omelet w/ bell peppers & spinach, Ezekiel toast 	Bell peppers w/ hummus 	Shakeology, 1/2 banana, chia, flax 	Cutie cottage cheese 	Roasted Chicken in crock pot, potatoes, spinach salad 	Lower fix & 10 min abs	M-practice 5-7pm. R- practice 4-5:30. BLD 5:30 game
Thursday	Steal cut oats, chia 	Almonds, 2 hard boiled eggs, jicama & cucumber slices 	Shakeology, 1/2 banana, flax, spinach 	Apple, Greek yogurt 	Swai fish, brown rice, squash 	Pilates & 10 min abs	R - practice 4-5pm
Friday	Steal cut oats, chia 	Greek yogurt n raspberries 	Shakeology, 1/2 banana, flax, kale 	Snap peas, turkey slices 	Baked honey chicken, beets, quinoa 	Cardio or Cize	
Saturday	2 egg omelet w/ bell peppers & spinach 	Almonds 	Shakeology, 1/2 banana, chia, flax, kale 	Turkey, bell peppers, flat out bread 	Ground turkey pasta bake 	Dirty Thirty & 10 min abs	R-party
Sunday	2 banana pancakes, Ezekiel toast 	Mixed veggies 	Shakeology, chia, flax, spinach 	Cottage cheese, pear 	Grass fed hamburgers, salad, beans 	Yoga & weekend warrior	Meal plan, shop and prep
						57 oz per day (each = 12oz.)	

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