

## 21 Day Fix Meal Plan - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Workout	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
Breakfast	Shakeology, almond milk, water	Shakeology, almond milk, water	Shakeology, almond milk, water	Shakeology, water	Shakeology, water	Shakeology, water	Shakeology, almond milk, water	Shopping List	
Snack	berries & 12 almonds	Strawberries & cashews	Blackberries & raspberries w/walnuts	Kiwi & Greek Yogurt	Strawberries & cashews	berries & 12 almonds	Blackberries & raspberries w/walnuts		
Lunch	Spinach, cherry tomatoes, cucumbers, peppers, chicken & creamy herb dressing	Spinach, cherry tomatoes, cucumbers, peppers, chicken & creamy herb dressing	Spinach, cherry tomatoes, cucumbers, peppers, chicken & creamy herb dressing	Flank Steak, Peppers & Quinoa	Turbofire Chili, cucumbers	Turbofire Chili, cucumbers	Turkey Burger, steamed asparagus		
Snack	Apple & 1 tsp all natural pb	Apple & 1 tsp all natural pb	2 meat loaf muffins & Peppers	2 meat loaf muffins & Peppers	3 stalks celery 1 tsp pb	3 stalks celery 1 tsp pb	cucumbers & 2 hardboiled eggs		
Dinner	Chicken Stir Fry w/ Brown Rice	Tilapia w/Mediterranean Seasoning, broccoli & Sweet potato	Flank Steak, Steamed beans, w/quinoa	Turbofire Chili, cucumbers	Fish Tacos, Veggies	Shrimp Stir Fry w/ Brown Rice	Almond Chicken, Sweet Potato Green Beans		

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