

21 DAY FIX MEAL PLAN

| DAY | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | SUPPLEMENTS |
|-----------|--|---------------------------|--|---------------------|---|--|
| MONDAY | Shakeology | Greek Yogurt with Berries | Mixed Green Salad with Dressing and Grilled Chicken | Apple with Almonds | Stir-Fry Veggies with Olive Oil, Sliced Flank Steak and Brown Rice | Energize Hydrate Collagen |
| TUESDAY | Shakeology | Greek Yogurt with Berries | Mixed Green Salad with Dressing and Tuna | Orange with Walnuts | Grilled Asparagus with Olive Oil, Pork Tenderloin with a Sweet Potato | Energize Hydrate Recover Collagen |
| WEDNESDAY | Shakeology | Greek Yogurt with Berries | Mixed Green Salad with Dressing and Pork Tenderloin | Apple with Almonds | Broccoli with Olive Oil, Turkey Breast, and a Sweet Potato | Energize Hydrate Recover Collagen |
| THURSDAY | Shakeology | Greek Yogurt with Berries | Mixed Green Salad with Dressing and Salmon | Orange with Walnuts | Stir-Fry Veggies with Olive Oil, Chicken Breast and Brown Rice | Energize Hydrate Collagen |
| FRIDAY | Shakeology | Greek Yogurt with Berries | Mixed Green Salad with Dressing and Grilled Chicken | 1 Banana | Green beans with Olive Oil, Lean Steak, Sweet Potato topped with Cheese | Energize Hydrate Collagen |
| SATURDAY | 2 Eggs with 1 Tbsp. Coconut oil, Oatmeal and Berries | Greek Yogurt with Berries | Mixed Green Salad with Dressing and Grilled Chicken with Avocado and Black Beans | 1 Apple | Veggie Stir Fry with Olive Oil and Grilled Chicken | Energize Hydrate Recover Collagen |
| SUNDAY | 2 Eggs with 1 Tbsp. Coconut Oil on Toast with 1/2 Banana | Greek Yogurt with Berries | Mixed Green Salad with Dressing and Grilled Chicken with Avocado and Black Beans | Pineapple | Steamed Cauliflower with Olive Oil and Grilled Salmon | Rest Day Nothing Needed |