

21-Day Fix Meal Plan

1200 Calories

Day 1

Breakfast: Avocado toast with pickled onions

Lunch: Baby kale, chicken, quinoa, and butternut squash salad

Snack: Smoothie

Dinner: Grilled Chimichurri skirt steak and green beans

Day 2

Breakfast: Avocado toast with pickled onions

Lunch: Baby kale, chicken, quinoa, and butternut squash salad

Snack: Smoothie

Dinner: Greek chicken kebabs with Tzatziki

Day 3

Breakfast: Smoothie

Lunch: Baby kale, chicken, quinoa, and butternut squash salad

Snack: Berries (one cup)

Dinner: Slow cooker chicken tacos

Day 4

Breakfast: Whole grain bread (one slice, toasted), Peanut butter (one tablespoon), Half sliced banana

Lunch: Baby kale, chicken, quinoa, and butternut squash salad

Snack: Smoothie

Dinner: No-Guilt spaghetti squash Bolognese

Day 5

Breakfast: Smoothie

Lunch: Baby kale, chicken, quinoa, and butternut squash salad

Snack: Berries (one cup)

Dinner: Pecan-crusting pork tenderloin with honey-mustard glaze

Day 6

Breakfast: Smoothie

Lunch: Avocado toast with pickled onions

Snack: Yogurt (one cup; low-fat or regular) with half sliced banana and chopped peanuts (one tablespoon)

Dinner: Coconut-mango chicken with rice and peppers

Day 7

Breakfast: Eggs with butter or olive oil (one tablespoon), Turkey bacon (four slices), Fresh fruit (one cup)

Lunch: Salad

Snack: Avocado toast with pickled onions

Dinner: Asian noodles with green beans and steak