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21 Day **FIX** Meal Plan {1800-2099 cal}

5 Green (Veggies)	3 Purple (Fruit)	5 Red (Protein)	4 Yellow (Starch)	3 Blue (Healthy Fats)	1 Orange (Seeds/Dressings)	5 Tablespoons
21 Day Fix - Week 1						
Monday	Coffee w/ 1 TB Coconut Oil + Protein + Peach	2 AB + 2 Eggs w/ Spinach drizzled in Balsamic Dressing	Ground Turkey + Lettuce + Peppers + Salsa + Cheese Cooked in 1 TB Coconut Oil	Vega Shake + Watermelon	Fish Rice Bowl (1 Red + 2 Greens + Cooked in 1 TB Coconut Oil)	Total Body Cardio
Tuesday	Coffee w/ 1 TB Coconut Oil + Protein + Banana	w/ Vega Shake + Berries + 2AB	Tuna + Chopped Broccoli Salad (2 Green +) w/ Spices, Lemon Agave Dressing	Carrots + Yogurt + Berries + AB	Chicken Breast + Chickpea/Corn Summer Salad (2 Green + 1 Blue + 1 Thru)	Upper Fix + 3 miles
Wednesday	Coffee w/ 1 TB Coconut Oil + Protein + Peach	2 AB + 2 Eggs w/ Spinach drizzled in Balsamic Dressing	Ground Turkey + Lettuce + Peppers + Salsa + Cheese Cooked in 1 TB Coconut Oil	Vega Shake + Watermelon	Chicken Breast + Roasted Veggies (2 Greens + Cooked in 1 TB Coconut Oil)	Lower Fix
Thursday	Coffee w/ 1 TB Coconut Oil + Protein + Banana	w/ Vega Shake + Berries + 2AB	Tuna + Chopped Broccoli Salad (2 Green +) w/ Spices, Lemon Agave Dressing	Carrots + Yogurt + Berries + AB	Chicken Sausage + Chickpea/Corn Summer Salad (2 Green + 1 Blue + 1 Thru)	Pilates Fix + 3 miles
Friday	Coffee w/ 1 TB Coconut Oil + Protein + Peach	2 AB + 2 Eggs w/ Spinach drizzled in Balsamic Dressing	Ground Turkey + Lettuce + Peppers + Salsa + Cheese Cooked in 1 TB Coconut Oil	Vega Shake + Watermelon	Garlic Shrimp Kabobs (1 Red + 2 Greens + Cooked in 1 TB Coconut Oil)	Cardio Fix
Saturday	Coffee w/ 1 TB Coconut Oil + Protein + Banana	w/ Vega Shake + Berries + 2AB	Tuna + Chopped Broccoli Salad (2 Green +) w/ Spices, Lemon Agave Dressing	Carrots + Yogurt + Berries + AB	Grilled Fish + Chickpea/Corn Summer Salad (2 Green + 1 Blue + 1 Thru)	Dirty 30 + 4.5 miles
Sunday	Coffee w/ 1 TB Coconut Oil + Protein + Peach	2 AB + 2 Eggs w/ Spinach drizzled in Balsamic Dressing	Ground Turkey + Lettuce + Peppers + Salsa + Cheese Cooked in 1 TB Coconut Oil	Vega Shake + Watermelon	Chicken Breast + Roasted Veggies (2 Greens + Cooked in 1 TB Coconut Oil)	Yoga Fix

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Dr nowzaradan **1200 CALORIES**

Carbs: 44 G Protein: 10.5 G Fat: 1.3 G Fiber: 3.7 G	230 CALORIES	BREAK FAST vegetable omelet	
Carbs: 60 G Protein: 25 G Fat: 4 G Fiber: 7.8 G	350 CALORIES	Lunch Peas with chicken and mushrooms	
Carbs: 43G Protein: 76G Fat: 1.8 G Fiber: 6.7G	360 CALORIES	Dinner Grilled salmon with broccoli	
Carbs: 30 G Protein: 3.2 G Fat: 0.8 G Fiber: 4.8 G	160 CALORIES	Appetizers Walnuts with raspberries and peaches	
Carbs: 25 G Protein: 1.5 G Fat: 1.1G Fiber: 3.9 G	100 CALORIES	Snake Feta cheese toast	

Meal Planning Worksheet

	Breakfast	Lunch	Supper
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

21 DAY **FIX** Meal Plan

1200-1400 CALORIES

Green - 2	Purple - 2	Red - 4	Yellow - 1	Blue - 1	Orange - 1	Tablespoons - 2
S	M	T	W	TH	F	S
Yoga Fix	Total Body Cardio Fix	Upper Fix	Lower Fix	Pilates Fix	Cardio Fix	Dirty 30
1 scrambled egg 1 spinach 1 peach	2 scrambled eggs 1 spinach 1 banana	2 scrambled eggs 1 spinach 1 peach	2 scrambled eggs 1 spinach 1 peach	1 scrambled egg 1 spinach 1 peach	1 scrambled egg 1 spinach 1 peach	1 scrambled egg 1 spinach 1 peach
1/2 cup chicken breast (120g) 1/2 cup spaghetti 1/2 cup spinach 1/2 cup milk	1/2 cup chicken breast (120g) 1/2 cup spaghetti 1/2 cup spinach 1/2 cup milk	1/2 cup chicken breast (120g) 1/2 cup spaghetti 1/2 cup spinach 1/2 cup milk	1/2 cup chicken breast (120g) 1/2 cup spaghetti 1/2 cup spinach 1/2 cup milk	1/2 cup chicken breast (120g) 1/2 cup spaghetti 1/2 cup spinach 1/2 cup milk	1/2 cup chicken breast (120g) 1/2 cup spaghetti 1/2 cup spinach 1/2 cup milk	1/2 cup chicken breast (120g) 1/2 cup spaghetti 1/2 cup spinach 1/2 cup milk
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Optional Foods (add to OR subtract up to 7000 cals per week)

1200-1400 CALORIES	1200-1400 CALORIES
1/2 cup chicken breast	1/2 cup chicken breast
1/2 cup spaghetti	1/2 cup spaghetti
1/2 cup spinach	1/2 cup spinach
1/2 cup milk	1/2 cup milk
1/2 cup chicken breast	1/2 cup chicken breast
1/2 cup spaghetti	1/2 cup spaghetti
1/2 cup spinach	1/2 cup spinach
1/2 cup milk	1/2 cup milk

21 Day **FIX** TEAM *Alesha Haley* www.aleshahaley.com

