



21day
FIX

The Master's
HAMMER
and
CHISEL

MEAL PLAN 1200-1499



21day
FIX
EXTREME



COUNTDOWN TO COMPETITION

PLAN 1 1200-1499	DAY 1 C2C	DAY 2	DAY 3 C2C	DAY 4 C2C	DAY 5	DAY 6 C2C	DAY 7 C2C
Breakfast Coffee w/ Coconut Oil T	2 Hardboiled Eggs & Oatmeal 	Acai Bowl 	2 Hardboiled Eggs & Oatmeal 	2 Hardboiled Eggs & Oatmeal 	Acai Bowl 	2 Hardboiled Eggs & Oatmeal 	2 Hardboiled Eggs & Oatmeal
Shakeology Snack	Shakeology Coconut Oil T	Shakeology 	Shakeology Coconut Oil T	Shakeology Coconut Oil T	Shakeology 	Shakeology Coconut Oil T	Shakeology Coconut Oil T
Lunch	(LO) Steak Salad Sweet potato & Veggies 	Turkey Bacon Avocado Club 	Turkey Burger with Caramelized Onions & Veggies 	Turkey Burger with Caramelized Onions & Veggies 	Turkey Bacon Avocado Club 	Turkey Burger with Caramelized Onions & Veggies 	Turkey Burger with Caramelized Onions & Veggies
Snack	Grilled Chicken & Grilled Veggies 	Carrots 	Grilled Chicken & Grilled Veggies 	Grilled Chicken & Grilled Veggies 	Carrots 	Grilled Chicken & Grilled Veggies 	Grilled Chicken & Grilled Veggies
Dinner	Tilapia w/ Veggie Greek Yogurt	Taco Skillet 	Turkey Lettuce Wrap Greek Yogurt	Tilapia w/ Veggie Greek Yogurt	Maple Dijon Chicken w/ Broccoli 	Turkey Lettuce Wrap Greek Yogurt	Tilapia w/ Veggie Greek Yogurt