


21 day
FIX

The Master's
HAMMER
and
CHISEL

MEAL PLAN 1200-1499



21 day
FIX
EXTREME

PLAN 1 1200-1499	DAY 1	DAY 2 C2C	DAY 3 C2C	DAY 4 C2C	DAY 5	DAY 6	DAY 7
Breakfast Coffee w/ Coconut Oil T *Everyday	2 Hardboiled Eggs ■	2 Hardboiled Eggs & Oatmeal ■ ■	2 Hardboiled Eggs & Oatmeal ■ ■	2 Hardboiled Eggs & Oatmeal ■ ■	Scrambled Egg, Avocado & Pepper Wrap ■ ■ ■ ■ ■	½ whole-wheat bagel w/ almond butter, ½ banana slices ■ ■ ■	Scrambled Egg & Waffle w/ Peanut Butter & Honey ■ ■ ■
Shakeology Snack	Shakeology w/ ½ Banana ■ ■	Shakeology ■	Shakeology ■	Shakeology ■	Shakeology w/ ½ Banana ■ ■	Shakeology ■	Shakeology w/ ½ Banana ■ ■
Lunch	 MEMORIAL DAY	Ground Turkey, Green Beans ■ ■	Ground Turkey, Green Beans ■ ■	Ground Turkey, Green Beans ■ ■	Salad with Grilled Chicken ■ ■ ■ ■ ■	(LO) Maple Dijon Chicken w/ Green Beans & Rice ■ ■ ■ ■	(LO) Grilled Steak Salad ■ ■ ■ ■ ■
Snack	FAMILY BBQ	Greek Yogurt ■ Low Sodium Turkey Lettuce Wrap ■ ■	Greek Yogurt ■ Low Sodium Turkey Lettuce Wrap ■ ■	Greek Yogurt ■ Low Sodium Turkey Lettuce Wrap ■ ■	Apples with PB ■ T	Greek Yogurt with Berries & Honey ■ ■ ■ T	Apples with PB ■ T
Dinner	FAMILY BBQ	Stir Fry Chicken & Veggies ■ ■	Stir Fry Chicken & Veggies ■ ■	Stir Fry Chicken & Veggies ■ ■	Maple Dijon Chicken w/ Green Beans & Rice ■ ■ ■ ■ ■	Grilled Steak Salad ■ ■ ■ ■ ■	Meatloaf Cupcakes with Sweet Pot. & Veggie ■ ■ ■ ■ ■