

21 day
FIX

The Hustler's
HAMMER
and
CHISEL

MEAL PLAN 1200-1499



21 day
FIX
EXTREME

PLAN 1 1200-1499	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Coffee w/ Coconut Oil T *Everyday	2 Hardboiled Eggs	Overnight Oats 	2 Hardboiled Eggs	Overnight Oats 	2 Hardboiled Eggs	2 Hardboiled Eggs	Egg, Avocado Wrap
Shakeology Snack	Shakeology w/ 1/2 Banana 	Shakeology w/ 1/2 Banana 	Shakeology w/ 1/2 Banana 	Shakeology w/ 1/2 Banana 	Shakeology w/ 1/2 Banana 	Shakeology w/ 1/2 Banana 	Shakeology w/ 1/2 Banana
Lunch	Chicken Salad Whole Wheat Wrap 1/2	Ground Turkey, Green Beans 	Chicken Salad Whole Wheat Wrap 1/2	Ground Turkey, Green Beans 	Crockpot Creamy Italian Chicken w/ pasta 	Steak Salad 	Crockpot Creamy Italian Chicken w/ pasta
Snack	Berries	Cucumbers w/ Dressing & Sesame Seeds 	Apples with PB T	Cucumbers w/ Dressing & Sesame Seeds 	Apples with PB T Sliced Peppers 	Apples with PB T	Cucumbers w/ Dressing & Sesame Seeds
Dinner	Unstuffed Pepper Skillet 1/2	Taco Skillet 	Crockpot Creamy Italian Chicken w/ pasta 	Grilled Steak, Veggies & Sweet Potato 	Caprese Chicken w/ Brown Rice 	Shrimp Tomato Asparagus / Pasta 	Balsamic Chicken w/ brown rice

www.hustleandheartfitness.com



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