



21 day
FIX

The Master's
HAMMER
CHISEL



































MEAL PLAN 1200-1499



21 day
FIX
EXTREME



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PLAN A	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Coffee w/ Coconut Oil T	Peach Overnight Oats 	Whole rain Waffle w/ PB & 2 HB Eggs 	Peach Overnight Oats 	Whole rain Waffle w/ PB & 2 HB Eggs 	Peach Overnight Oats 	Whole rain Waffle w/ PB & 2 HB Eggs 	Peach Overnight Oats 
Shakeology Snack	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 
Lunch	Ground Turkey, Brown Rice, Green Beans 	Egg Roll in a Bowl 	Ground Turkey, Brown Rice, Green Beans 	Egg Roll in a Bowl 	Ground Turkey, Brown Rice, Green Beans 	Egg Roll in a Bowl 	Ground Turkey, Brown Rice, Green Beans 
Snack	Cauliflower Fried Rice 	Banana Zucchini Muffin 	Cauliflower Fried Rice 	Banana Zucchini Muffin 	Cauliflower Fried Rice 	Banana Zucchini Muffin 	Cauliflower Fried Rice 
Dinner	Thai Pepper Skillet 	Taco Nachos 	Shrimp Scampi with Zoodles 	Spinach Ricotta Stuffed Chicken 	Tuna Portobello Mushroom Melt 	Maple Dijon Chicken with Broccoli 	Spaghetti Squash Lasagna 