



21 day
FIX



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	Scrambled Egg w/ mushrooms 	Oatmeal with PB & BERRIES 	Scrambled Egg, Avocado / Corn Tortilla 	Shakeology Pancakes 	Shakeology Pancakes 	Scrambled Egg w/ mushrooms 	Peach Overnight Oats
Shakeology Snack	Shakeology w/ Fruit 	Shakeology 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology
Lunch	Turkey Lettuce Wrap 	Low Sodium Turkey Rolled Up / with Hummus Carrot & Cucumber Slices 	Turkey Lettuce Wrap 	Low Sodium Turkey Rolled Up / with Hummus Carrot & Cucumber Slices 	Turkey Lettuce Wrap 	Low Sodium Turkey Rolled Up / with Hummus Carrot & Cucumber Slices 	Turkey Lettuce Wrap
Snack	No Bake Shakeology Balls & Strawberries 	Greek Yogurt w/ Honey & Blueberries 	. Toast with PB & ½ Banana 	. No Bake Shakeology Balls 	No Bake Shakeology Balls 	Greek Yogurt w/ Honey & Blueberries, Coconut 	Berries w/ Shredded Coconut
Dinner	Buffalo Chicken Quinoa 	Southwest Chicken Tacos 	Burger In A Bowl 	Crockpot Pork Carnitas 	Grilled Chicken, Brown Rice with Slow Cooker Brussels Sprouts 	Mac & Cheese 	Balsamic Onion Burger w/ Broccoli