

WEEK 1: 21-DAY FIX EXTREME MEAL PLAN (1,200 -1,499 CAL) - No NUTS

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		GREEN 3	PURPLE 2	RED 4	YELLOW 2	BLUE 1	ORANGE 1	TSP 2
MONDAY								
Breakfast	2 Scrambled Eggs ■, Sauteed Power Greens ■	1		1				
Snack	Cottage Cheese ■, Blueberries ▲		0.5	1				
Lunch	Greenberry Shakeology ■, Banana ■, Sunflower Seed Butter ■		1	1				1
Snack	Blueberries ▲, Shakeology Bar ■		0.5		1	1		1
Dinner	Turkey Chili ■▲, Quinoa ▲, Salad ■▲	2		1	1			
Snack	Pumpkin Seeds ■						1	
TOTAL		3	2	4	2	1	1	2
TUESDAY								
Breakfast	Chocolate Shakeology ■, 1/2 Apple ▲, Sunflower Seed Butter ■■		0.5	1				2
Snack	Oatmeal ■, Pumpkin Seeds ■				1		1	
Lunch	Grilled Chicken/Red Pepper Lettuce Wrap ■■, Raspberries ■	1	1	1				
Snack	Greek Yogurt ▲, Strawberries ▲		0.5	0.5				
Dinner	Chicken Taco Salad ■■■ with Black Beans ■, Avocado ■	2		1	1	1		
Snack	Hard Boiled Egg ▲			0.5				
TOTAL		3	2	4	2	1	1	2
WEDNESDAY								
Breakfast	Oatmeal ▲, Mango ▲, Sunflower Seeds ■		0.5		0.5		1	
Snack	Blueberries ▲, Shakeology Bar ■■		0.5		1	1		1
Lunch	Grilled Chicken/Red Pepper Lettuce Wrap ■▲ Tomatoes ▲	1		1				
Snack	Greek Yogurt ■, Carrots ▲, Blackberries ■	0.5	1	1				
Dinner	Turkey Chili ■▲, Broccoli ■	1.5		1	0.5			
Snack	Greenberry Shakeology ■, Sunflower Seed Butter ■			1				1
TOTAL		3	2	4	2	1	1	1
THURSDAY								
Breakfast	2 Scrambled Eggs ■, Sauteed Power Greens ■, Toast ■	1		1	1			
Snack	Cottage Cheese ■, Blueberries ▲		0.5	1				
Lunch	Strawberry Shakeology ■			1				
Snack	Banana ▲, Sunflower Seed Butter ■		0.5					1
Dinner	Chicken ■, Quinoa ■, Berries ■, Goat Cheese ■, Salad ■■	2	1	1	1	1		1
Snack	Pumpkin Seeds ■						1	
TOTAL		3	2	4	2	1	1	2
FRIDAY								
Breakfast	Greenberry Shakeology ■			1				
Snack	Apple ■, Sunflower Seed Butter ■■		1					2
Lunch	Turkey Chili ■▲, Quinoa ▲, Salad ■▲	2		1	1			
Snack	Greek Yogurt ▲, Strawberries ■, Pumpkin Seeds ■		1	0.5			1	
Dinner	Turkey Burger (no bun) ■, Avo ■, Sweet Potato Fries ■, Broccoli ■	1		1	1	1		
Snack	Hard Boiled Egg ▲			0.5				
TOTAL		3	2	4	2	1	1	2
SATURDAY								
Breakfast	2 Scrambled Eggs ■, Sauteed Power Greens ■	1		1				
Snack	Cottage Cheese ■, Blueberries ▲		0.5	1				
Lunch	Chocolate Shakeology ■, Banana ▲, Sunflower Seed Butter ■		0.5	1				1
Snack	Avocado Toast ■, Grapes ■		1		1	1		
Dinner	Chicken Stir Fry ■■■ with Quinoa ■	2		1	1			1
Snack	Pumpkin Seeds ■						1	
TOTAL		3	2	4	2	1	1	2
SUNDAY								
Breakfast	Greenberry Shakeology ■			1				
Snack	Apple ■, Sunflower Seed Butter ■■		1					2
Lunch	Turkey Chili ■▲, Quinoa ▲, Salad ▲	1		1	1			
Snack	Greek Yogurt ▲, Strawberries ■, Pumpkin Seeds ■		1	0.5			1	
Dinner	Chicken Taco Salad ■■■ with Black Beans ■, Avocado ■	2		1	1	1		
Snack	Hard Boiled Egg ▲			0.5				
TOTAL		3	2	4	2	1	1	2

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