

WEEK 2: 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 Mini Vegetable Egg Cups	1		1				
Snack	Cottage Cheese, Blueberries		0.5	0.5				
Lunch	Greenberry Shakeology, Banana, Sunflower Seed Butter		1	1				2
Snack	Cucumber, Greek Yog Dip, Strawberries	1	0.5	0.5				
Dinner	Shrimp Fajitas, Black Beans, Brown Rice, Avocado	1		1	2	1		
Snack	Pumpkin Seeds						1	
TOTAL		3	2	4	2	1	1	2
TUESDAY								
Breakfast	Strawberry Shakeology			1				
Snack	Strawberries, Greek Yogurt, Pumpkin Seeds		0.5	0.5			1	
Lunch	Grilled Chicken/Red Pepper Lettuce Wrap, Grapes	1	1	1				
Snack	Raspberries, Shakeology Bar		0.5		1	1		1
Dinner	Chicken Stir Fry with Brown Rice	2		1	1			1
Snack	Hard Boiled Egg			0.5				
TOTAL		3	2	4	2	1	1	2
WEDNESDAY								
Breakfast	Oatmeal, Raspberries, Sunflower Seeds		0.5		1		1	
Snack	1/2 Apple, Sunflower Seed Butter		0.5					1
Lunch	Shrimp Fajita Salad, Avocado	2		1		1		1
Snack	Greek Yogurt, Blackberries		1	1				
Dinner	Turkey Meatballs, Sliced Tomato, Brown Rice	1		1	1			
Snack	Greenberry Shakeology			1				
TOTAL		3	2	4	2	1	1	2
THURSDAY								
Breakfast	2 Mini Vegetable Egg Cups, Blackberries	1	1	1				
Snack	Cottage Cheese, Blueberries		0.5	1				
Lunch	Strawberry Shakeology			1				
Snack	Shakeology Bar, Raspberries		0.5		1	1		1
Dinner	Chicken Salad - Chicken, Quinoa, Veggies	2		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					1
Lunch	Grilled Chicken, Avocado, Quinoa, Salad	2		1	1	1		
Snack	Greek Yogurt, Strawberries, Pumpkin Seeds		1	0.5			1	
Dinner	Grilled Salmon with Asparagus and Brown Rice	1		1	1			1
Snack	Hard Boiled Egg			0.5				
TOTAL		3	2	4	2	1	1	2
SATURDAY								
Breakfast	2 Mini Vegetable Egg Cups	1		1				
Snack	Cottage Cheese, Blueberries		0.5	1				
Lunch	Chocolate Shakeology, Banana, Sunflower Seed Butter		0.5	1				1
Snack	Shakeology Bar, Grapes, Carrots	1	1		1	1		1
Dinner	Turkey Meatballs, Broccoli, Brown Rice	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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