

# WEEK 3: 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
<b>MONDAY</b>								
Breakfast	2 Mini Vegetable Egg Cups <span style="color:red">■</span> <span style="color:green">■</span> , Avo <span style="color:blue">■</span> , Whole Grain Toast <span style="color:yellow">■</span>	1		1	1	1		
Snack	Cottage Cheese <span style="color:red">▲</span> , Blueberries <span style="color:purple">▲</span>		0.5	0.5				
Lunch	Greenberry Shakeology <span style="color:red">■</span> , Banana <span style="color:purple">■</span> , Sunflower Seed Butter <span style="color:grey">■</span>		1	1				1
Snack	Cucumber <span style="color:green">▲</span> , Greek Yog Dip <span style="color:red">▲</span> , Strawberries <span style="color:purple">▲</span>	0.5	0.5	0.5				
Dinner	Shrimp Scampi <span style="color:green">■</span> <span style="color:red">■</span> <span style="color:grey">■</span> , Asparagus <span style="color:green">▲</span> , Sweet Potato <span style="color:yellow">■</span>	1.5		1	1			1
Snack	Pumpkin Seeds <span style="color:orange">■</span>						1	
<b>TOTAL</b>		<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>TUESDAY</b>								
Breakfast	Strawberry Shakeology <span style="color:red">■</span> , Sunflower Seed Butter <span style="color:grey">■</span>			1				1
Snack	Strawberries <span style="color:purple">▲</span> , Greek Yogurt <span style="color:red">▲</span> , Pumpkin Seeds <span style="color:orange">■</span>		0.5	0.5			1	
Lunch	Grilled Chicken/Red Pepper Lettuce Wrap <span style="color:red">■</span> <span style="color:green">■</span> , Grapes <span style="color:purple">■</span>	1	1	1				
Snack	Raspberries <span style="color:purple">▲</span> , Shakeology Bar <span style="color:blue">■</span> <span style="color:grey">■</span>		0.5		1	1		1
Dinner	Turkey Chili <span style="color:red">■</span> <span style="color:green">▲</span> <span style="color:yellow">▲</span> with Quinoa <span style="color:yellow">▲</span> , Broccoli <span style="color:green">■</span> <span style="color:green">■</span>	2		1	1			
Snack	Hard Boiled Egg <span style="color:red">▲</span>			0.5				
<b>TOTAL</b>		<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>WEDNESDAY</b>								
Breakfast	Oatmeal <span style="color:yellow">■</span> , Raspberries <span style="color:purple">▲</span> , Sunflower Seeds <span style="color:orange">■</span>		0.5		1		1	
Snack	1/2 Apple <span style="color:purple">▲</span> , Sunflower Seed Butter <span style="color:grey">■</span>		0.5					1
Lunch	Cobb Salad <span style="color:red">▲</span> <span style="color:green">■</span> <span style="color:grey">■</span> , Avocado <span style="color:blue">■</span>	2		1.5		1		1
Snack	Greek Yogurt <span style="color:red">▲</span> , Blackberries <span style="color:purple">■</span>		1	0.5				
Dinner	Turkey Meatballs <span style="color:red">■</span> <span style="color:yellow">▲</span> , Sliced Tomato <span style="color:green">■</span> , Brown Rice <span style="color:yellow">▲</span>	1		1	1			
Snack	Greenberry Shakeology <span style="color:red">■</span>			1				
<b>TOTAL</b>		<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>THURSDAY</b>								
Breakfast	2 Mini Vegetable Egg Cups <span style="color:red">■</span> <span style="color:green">■</span> , Blackberries <span style="color:purple">■</span>	1	1	1				
Snack	Shakeology Bar <span style="color:blue">■</span> <span style="color:grey">■</span> , Raspberries <span style="color:purple">■</span>		1		1	1		1
Lunch	Strawberry Shakeology <span style="color:red">■</span>			1				
Snack	Cottage Cheese Caprese <span style="color:red">■</span> <span style="color:green">■</span>	1		1				
Dinner	Grilled Salmon <span style="color:red">■</span> <span style="color:grey">■</span> with Asparagus <span style="color:green">■</span> and Brown Rice <span style="color:yellow">■</span>	1		1	1			1
Snack	Pumpkin Seeds <span style="color:orange">■</span>						1	
<b>TOTAL</b>		<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>FRIDAY</b>								
Breakfast	Greenberry Shakeology <span style="color:red">■</span>			1				
Snack	Apple <span style="color:purple">■</span> , Sunflower Seed Butter <span style="color:grey">■</span> <span style="color:grey">■</span>		1					2
Lunch	Shrimp Fajitas <span style="color:red">■</span> <span style="color:green">■</span> , Brown Rice <span style="color:yellow">■</span> , Avocado <span style="color:blue">▲</span>	1		1	1	0.5		
Snack	Greek Yogurt <span style="color:red">▲</span> , Strawberries <span style="color:purple">■</span> , Pumpkin Seeds <span style="color:orange">■</span>		1	0.5			1	
Dinner	Stuffed Bell Pepper <span style="color:red">■</span> <span style="color:green">■</span> <span style="color:yellow">▲</span> <span style="color:blue">▲</span> , Pinto Beans <span style="color:yellow">▲</span>	2		1	1	0.5		
Snack	Hard Boiled Egg <span style="color:red">▲</span>			0.5				
<b>TOTAL</b>		<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>SATURDAY</b>								
Breakfast	2 Mini Vegetable Egg Cups <span style="color:red">■</span> <span style="color:green">■</span>	1		1				
Snack	Cottage Cheese <span style="color:red">■</span> , Blueberries <span style="color:purple">■</span>		1	1				
Lunch	Strawberry Shakeology <span style="color:red">■</span>			1				
Snack	Shakeology Bar <span style="color:blue">■</span> <span style="color:grey">■</span> , Grapes <span style="color:purple">■</span> , Carrots <span style="color:green">▲</span>	0.5	1		1	1		1
Dinner	Shrimp Scampi <span style="color:green">■</span> <span style="color:red">■</span> <span style="color:grey">■</span> , Asparagus <span style="color:green">▲</span> , Sweet Potato <span style="color:yellow">■</span>	1.5		1	1			1
Snack	Pumpkin Seeds <span style="color:orange">■</span>						1	
<b>TOTAL</b>		<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>SUNDAY</b>								
Breakfast	Greenberry Shakeology <span style="color:red">■</span>			1				
Snack	Apple <span style="color:purple">■</span> , Sunflower Seed Butter <span style="color:grey">■</span>		1					2
Lunch	Turkey Meatballs <span style="color:red">■</span> <span style="color:yellow">▲</span> , Broccoli <span style="color:green">■</span>	1		1	0.5			
Snack	Greek Yogurt <span style="color:red">▲</span> , Strawberries <span style="color:purple">■</span> , Pumpkin Seeds <span style="color:orange">■</span>		1	0.5			1	
Dinner	Chicken Taco Salad <span style="color:red">■</span> <span style="color:green">■</span> <span style="color:green">■</span> with Black Beans <span style="color:yellow">▲</span> <span style="color:blue">▲</span> , Avocado <span style="color:blue">■</span>	2		1	1.5	1		
Snack	Hard Boiled Egg <span style="color:red">▲</span>			0.5				
<b>TOTAL</b>		<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>

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