

21 DAY FIX SAMPLE EATING PLAN FOR ONE DAY

This sample day is based on the 1200-1499 calorie bracket. If you are in this bracket you would get 3 green, 2 purple, 4 red, 2 yellow, 1 orange, 1 blue, 2 teaspoons, and 4 (optional) sweetener teaspoons.

Breakfast:

Oatmeal - 1 yellow
1/2 cup berries - 1/2 purple
2 hard-boiled eggs

Snack:

1 cup carrot sticks - 1 green
Hummus - 1 blue

Lunch:

Grilled chicken breast - 1 red
1 cup spinach - 1 green
1/2 cup berries - 1/2 purple
Approved salad dressing - 1 orange

Snack:

1 piece whole wheat toast - 1 yellow
1 tsp peanut butter - 1 tsp

Dinner:

Grilled fish - 1 red
1 cup broccoli roasted with 1 tsp olive oil - 1 green, 1 tsp

Snack:

Greek yogurt with 2 teaspoons honey – 1 red, 2 sweetener teaspoons
Apple slices - 1 purple

Here is what you would need to add for the other calorie brackets:

1500-1799 calorie bracket would add 1 green, 1 purple, 1 yellow, 2 teaspoons

- 1 green - add another cup of carrots to snack on throughout the day
- 1 purple - add 1/2 banana to your toast
- 1 yellow - add sweet potato with your dinner
- 2 teaspoons - add another teaspoon of peanut butter to your toast, and butter to your sweet potato

1800-2099 calorie bracket would add 2 green, 1 purple, 1 red, 2 yellow, 3 teaspoons

- 2 green - add another cup of carrots to snack on throughout the day and another cup of spinach to your lunch salad
- 1 purple - add 1/2 banana to your toast
- 2 yellow - add sweet potato with your dinner and quinoa to your lunch salad
- 3 teaspoons - add another teaspoon of peanut butter to your toast and 2 teaspoons of butter to your sweet potato

2100-2300 calorie bracket would add 3 green, 2 purple, 2 red, 2 yellow, 4 teaspoons

- 3 green - add another cup of carrots to snack on throughout the day, another cup of spinach to your lunch salad, and another cup of broccoli to your dinner
- 2 purple - add 1/2 banana to your toast and add a peach to your lunch
- 2 yellow - add sweet potato with your dinner and quinoa to your lunch salad
- 3 teaspoons - add two teaspoons of peanut butter to your toast and 2 teaspoons of butter to your sweet potato