

### 1-WEEK MENU

Here is an easy-to-follow sample meal plan to accompany the 21-day Fix clean eating program. Use it to structure your meal throughout the week!

LEGEND (containers):

R= RED

G= GREEN

B= BLUE

Y= YELLOW

P= PURPLE

O= ORANGE

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Container Totals
Day 1	Eggs, 1/2 C Spinach 1 Tbsp Salsa 1/2 C Fresh Berries (1 R, 1/2 G, 1 P)	Shakeology with 1/2 tsp Peppermint Extract (1 R)	Tuna Avocado Bowl (1 R, 1.5 G, 1 B)	1/2 English Muffin topped with 1 tsp Honey and 1 Sliced Banana (1 Y, 1 P)	Greek Chicken with Quinoa (1 R, 1 Y, 1 O, 1 B, 1 G)	G=3, R=4, P=2, Y=2, B=2, O=1
Day 2	½ Whole Wheat English muffin with 2 tsp Peanut Butter (1 Y, 2 tsp (grey))	Shakeology with 1 small to medium Banana (1 R, 1 P)	Chicken Salad with Garlic Dressing (2 G, 1 R, 1 O)	Raw Almonds, 1 small/medium Apple (1 B, 1 P)	2 Turkey Burgers with side of Melon (1 R, 1 Y, 1 P, 1 G)	G=3, B=1, P=3, R=3 O=1, Y=2, Tsp=2
Day 3	1/2 C Oatmeal (cooked), Cinnamon, 1 Apple sautéed with Cinnamon, 1 tsp Coconut Oil (1 Y, 1 P)	Shakeology with 3oz cold, strong brewed Coffee (1 R)	1/2 Sandwich (1 slice Whole Wheat Bread, 2 slices Turkey Breast, a few Lettuce Leaves, Tomato), Side Salad with Balsamic Vinegar (1 Y, 1 R, 1.5 G)	3/4 C non-fat Greek Yogurt, 1 C fresh or frozen Berries and a sprinkle of Stevia (1 R, 1 P)	Chicken Fajita Lettuce Cups (1 R, 2 G, 1 tsp Oil, 1/2 B)	G=3, R=3.5, P=2, Y=2, O=2, B=1/2
Day 4	Spinach Scramble (1 G, 1 R)	Shakeology with 2/3 C Almond milk, 1/2 tsp Coconut Extract (2 R)	1/2 Whole-Wheat Bagel with Almond Butter, 1/2 Banana Slices (2 Y, 1 B, 1 P)	Carrots/other veggies, 1/3 C Hummus, Melon (1 B, 1 G, 1 P)	Buffalo Chicken Lettuce Cups (1 R, 1 G, 1 O, 1 oil)	G=3, R=4, P=2, Y=2, B=2, O=1, Oils=1
Day 5	Breakfast Summies- 1 Whole Wheat English Muffin, 1 slice Lean Ham or 2 slices Turkey Bacon, 1 Egg poached, sliced Tomato (2 Y, 1 R, 1 G)	Shakeology – Make your favorite flavor day! (1 R)	Taco Salad with side of Fruit (1 R, 2 G, 1 B, 1 P)	3/4 C Greek Yogurt, 1/2 C Berries, chopped Raw Almonds (1 R, 1/2 P, 1 O)	Chili (1 G, 1 Y, 1 R, 1/2 B (optional))	G=3, R=4, P=2, Y=3, O=1, B=1 1/2 – Make sure to add in your Shake-O recipe totals too!
Day 6	Greek Yogurt Parfait – 3/4 C plain 1% Greek Yogurt, 1 C sliced Green Apple, 8 Walnuts halved, or 12 Almonds chopped, 1/4 tsp Cinnamon (1 P, 1 R, 1 B)	‘Stat’urday Shakeology (1 scoop Chocolate Shake-O, 1/3 tsp Vanilla Extract, 3 oz cold strong brewed Coffee, 1 C Almond Milk – ice and blend!) (1 R, 1/2 Y)	Chicken Avocado Salad (3 G, 1 R, 1 B, 1 O)	1/2 English Muffin with Nut Butter and an Apple (1 Y, 1 O, 1 P)	Loaded Sweet Potatoes with Chicken, Greek Yogurt and Salsa (cilantro and green onion optional) (1 Y, 1 R, 1/2 G)	G=3.5, P=2, R=4, Y=2.5, O=2, B=2
Day 7	1/2 C cooked Oatmeal, 1/2 C Blueberries, Cinnamon, sprinkle of Stevia (1 Y, 1/2 P)	Shakeology of your choice with Almond Milk (2 R)	Open faced Tuna Sammy, with Whole Wheat Bread (add Dijon Mustard, Pepper and a few Capers or chopped Pickles to Tuna), 1/2 C sliced Strawberries, Side Salad with Balsamic Vinegar or other dressing (1 R, 1 Y, 1/2 P, 2 G, 1 O)	Caprese “pizzas” (2 Y, 1 B, 1 G)	1 C sliced Strawberries with small amount of drizzled Honey or Agave and chopped Nuts (1 P, 1 B)	G=3, R=3, P=2, Y=2, O=1, B=1

### RECIPES

Try these recipes to support your healthy-eating goals!



### TUNA AVOCADO BOWL

1 C Spinach

1/4-1/2 Avocado – cubed

3/4 C canned Tuna in water, drained

2 tsp Dijon Mustard

2 tsp Greek Yogurt

Pepper

1 Tbsp Capers

#### Instructions:

1. Toss tuna and other ingredients, with avocado last. Serve over spinach

### CHICKEN AVOCADO SALAD

3-4 oz grilled Chicken Breast

1/2 Avocado

2 cups Mixed Greens and Veggies of your choice

2 Tbsp of Balsamic Dressing (recipe follows)

#### Dressing:

6 Tbsp Balsamic Vinegar

1/4 C fresh Lemon Juice

1 tsp raw Honey

2 tsp Dijon Mustard

6 Tbsp Extra Virgin Olive Oil

#### Instructions:

1. Combine all ingredients except Dijon and Oil.
2. Whisk until well combined and then stir Dijon. Slowly add oil while whisking

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### TURKEY BURGER

(Makes 2 burgers)

4-6 oz. lean ground turkey

2 Tbsp. of Salsa

2 Tbsp. Onion chopped

1 tsp Dijon mustard

2 cloves chopped Garlic

Salt and Pepper to taste

2 Whole Grain Hamburger Bun (or no bun for grain free—wrap it in lettuce!!)

#### Instructions:

1. Combine ingredients above.
2. Form into a burger and grill or broil until cooked through.
3. Top with lettuce, onion, tomato, salsa or your favorite clean toppings

### GREEK CHICKEN QUINOA

(Makes 2 servings)

6-8 oz Chicken Breast grilled then cubed

2 Tbsp chopped Kalamata Olives

1 can Artichoke Hearts in water

1 C Cherry Tomatoes cut in half

1 C cooked Quinoa

2 Tbsp Lemon Juice

2 Tbsp fresh Parsley

2 tsp dried Oregano

Pepper

3 Tbsp Olive Oil

2 Tbsp reduced fat Feta Cheese

#### Instructions:

1. Cook quinoa per directions
2. Combine lemon juice, olive oil, herbs toss with cooked quinoa and veggies.
3. Add chicken or serve with grilled chicken on top. Top with feta.
4. Add extra lemon juice if it seems dry.

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### CHICKEN FAJITAS

- 1 tsp Chili Powder
- 1/2 tsp Sea Salt
- 1/2 tsp ground Cumin
- 1/2 tsp Garlic Powder
- 2 tsp Olive Oil (divided use)
- 4 (6oz) raw, skinless, boneless Chicken Breasts cut in to 1/2 inch strips
- 1 medium red or green Bell Pepper, cut into strips
- 1 Tbsp fresh Lime Juice (garnish with lime wedges if desired)
- 8 large Romaine (or butter) Lettuce Leaves
- 1/2 medium Avocado, sliced thin
- 1 cup fresh Salsa

#### Instructions:

1. Combine chili powder, salt, cumin, garlic powder, and 1 tsp. of olive oil in a large Zip-lock bag.
2. Add chicken, bell pepper, and onion to the baggie. Mix gently to coat. Refrigerate for approx. 15 minutes.
3. Heat the remaining 1 tsp. olive oil in a large non-stick skillet over medium-high heat.
4. Empty contents of bag into skillet and cook, stirring frequently. Let cook for about 5-6 minutes or until chicken is cooked through.
5. Remove from heat and add lime juice.
6. Evenly top lettuce leaves with chicken mixture, avocado, and salsa.

### SPINACH EGG SCRAMBLE

- 4 Egg whites
- 1 whole Egg
- 1 C chopped Spinach

#### Instructions:

1. Scramble with coconut oil until egg whites are fully cooked and spinach is tender.
2. Season with pepper or salt-free seasoning

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### BUFFALO CHICKEN LETTUCE CUPS

3-4 oz Chicken cooked and shredded

1 Celery stalk diced

Romaine, iceberg or butter lettuce cups

2 Tbsp Franks Hot sauce or more depending on how hot you like it

1 Orange container of low fat Blue Cheese dressing, or 2 Tbsp Greek Non-fat Yogurt mixed with Lemon Juice and 2 tsp Blue Cheese Crumbles and Pepper, and a few dashes of Hot Sauce if you like it extra spicy

1/2 C Baby Carrots

#### Instructions:

1. Cook chicken, shred.
2. Toss with hot sauce and celery.
3. Place chicken in lettuce cups, top with blue cheese dressing divided evenly.

(You can also eat this as a salad- Just place ingredients over mixed greens, add cherry tomatoes or other desired veggies. ENJOY)

### TACO SALAD

3/4 C ground Turkey cooked

Low-sodium Taco Seasoning

1/2 tsp crushed Red Pepper Flakes

1/2 tsp Cumin

Salt and Pepper to taste

2 C Mixed Greens

6 Cherry Tomatoes

1/2 Avocado

Fresh Cilantro (optional)

3 Tbsp Salsa

#### Instructions:

1. Cook turkey with spices.
2. Serve over greens with veggies, cilantro and avocado. Top with salsa.

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### CHILLI

(Makes 6, 1 1/2 C servings (perfect to put extra in the freezer))

- 1 lb lean ground Turkey
- 1/2 chopped Onion
- 1 Bell Pepper chopped
- 1 can diced Tomatoes, low sodium or fresh chopped
- 1 large can of low sodium crushed Tomatoes
- 1 can Chili Beans
- 2 cans Black Beans
- 1/2 cup frozen Sweet Corn
- 1 can puréed Pumpkin (not pie filling)
- 1 tsp minced Garlic
- 1 Tbsp Chili Powder (or to your heat liking)
- 1/2 tsp Cumin

#### Instructions:

1. Place all in crockpot on low for 4-6 hrs. Serve with shredded cheddar and plain Greek Yogurt (optional)

### LOADED SWEET POTATOES

- 1 small to medium Sweet Potato
- 3-4 oz cooked Chicken Breast shredded
- 2 Tbsp Greek Yogurt
- 2-3 Tbsp Salsa
- Cilantro
- Chopped Green Onion

#### Instructions:

1. Bake sweet potato.
2. Top with shredded chicken, salsa, greek yogurt, onion and cilantro (add 1/2 B of cheese if you like)

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### CAPRESE 'PIZZA'

7 Cherry Tomatoes, halved

Pizzas:

1 light Multi-Grain English Muffin split in half

Oven-roasted Tomatoes

1/2 cups fresh Baby Spinach

2 Tbsp fresh Basil, chopped

2 oz fresh Mozzarella, sliced or chopped into small cubes, or shredded

1 tsp Balsamic Vinegar

Instructions:

1. Roast cherry tomatoes in 350 degree oven until tender.
2. Assemble pizzas: Top with cheese, spinach, basil and balsamic.
3. Place under broiler until cheese is melted

### SHOPPING LIST

Use this handy shopping list for your week-long menu plan!

### PRODUCE

- 1 bunch Bananas
- Celery
- 2 cartons fresh Berries (any variety)
- 1 small Melon
- 1 container Spring Mix Lettuce
- 1 container Baby Spinach
- 2 heads Romaine, Iceberg or Butter Lettuce for wraps
- 4 small/medium Apples
- 1 small container Cherry Tomatoes
- 2 Tomatoes
- 1 small bag Baby Carrots
- 3 Bell Peppers
- 2 Yellow Onions
- 1 bunch Cilantro
- 1 bunch Parsley
- 1 bunch Green Onions
- 1 med Sweet Potato
- 2 Avocados
- 3 Lemons
- 2 limes



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### PROTEINS

- 2 dozen Eggs
- 4 cans Tuna in water
- 2 pckgs 93% Lean Ground Turkey
- 4 Chicken Breasts
- 2 lbs Ground Turkey
- Turkey Bacon or lean sliced Ham

## 21-DAY FIX SAMPLE MEAL PLAN

### DAIRY

- Plain Greek Yogurt (non-fat)
- Low-fat Feta Cheese
- Part-skim Mozzarella Cheese
- 1 container Almond Milk (unsweetened)

### BREADS/GRAINS

- 1 package Whole Wheat English Muffins, or small Whole Wheat Bagels
- Quinoa
- 1 package Whole Wheat Hamburger Buns
- Old-fashioned Oats

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### PANTRY

- 1 container Salsa or fresh Pico Salsa (try and find fresher salsa in the refrigerator section)
- Raw Almonds
- 1 can Artichoke Hearts in water
- 1 small jar Kalamata Olives
- Balsamic Vinegar
- Olive Oil
- Coconut Oil
- Stevia
- Nut Butter (all natural, any kind will do)
- 1 small container Hummus
- Franks Hot Sauce (or any variety)
- Low fat Blue Cheese Dressing
- Dried Oregano
- 1 can diced Tomatoes
- 1 can Chili Beans
- 2 cans Black Beans
- 1 package Frozen Corn
- 1 can Pumpkin Puree
- Dijon Mustard
- Chili Powder
- Small jar Capers
- Low sodium Taco Seasoning
- Cumin