

# My 21 Day Fix Meals

by [Days to Fitness](#)

My Calorie Target: 1200

# Containers	Vegetable	Fruit	Protein	Carbs	Nuts/Dairy	Seeds/Fats	Oils
	3	2	4	2	1	1	2
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1 (breakfast)	Yogurt-Fruit Smoothie Protein Powder	Pancakes Ricotta Banana Raw Carrot	Pancakes Banana	Boiled Eggs with Lettuce	Asparagus with Poached Eggs and Parmesan	Waffles Strawberries	Spinach and Egg Breakfast Wrap
Meal 2 (morning snack)	Banana with Plain Yogurt	Apple with Yogurt	Mango with Greek Yogurt	Mixed Fruits with Mixed Nuts	Plain Yogurt	Yogurt with Mixed Fruits	Mango with Greek Yogurt
Meal 3 (lunch)	Veggie Burger Sweet Potatoes Green Salad	Tofu Parmigiana Wild Rice Tomato Salada	Moroccan Chicken Skewers Pasta Green Salad Dressing	Steak Salad Bread Steamed Veggies Dressing	Steamed fish with ginger & spring onion Brown Rice Green Salad Dressing	Turkey Green Salad Feta Cheese Dressing	Barbecue Lean Beef Wild Rice Green Salad Dressing
Meal 4 (afternoon snack)	Tortilla Mushrooms Olives	Cereals with Mix Fruits	Ricotta Cheese Tomatoes	Mix Fruits Plain Yogurt	Strawberries Mixed Nuts	Greek Yogurt	Steamed Veggies Parmesan
Meal 5 (dinner)	Grilled Fish Mix Steamed Veggies Avocado	Scramble Eggs Mozzarella Green Salad Dressing	Cottage Cheese Hummus Asparagus	Grilled Salmon Boiled Potatoes Green Salad	Ham Slices Pita bread Steamed Veggies Mango	Fried Eggs Ricotta Cheese Oven Roasted Veggies English Muffin	Clams Casino Pasta Tomato Salad Pineapple
Meal 6 (extra night snack)	Green Mixed Salad	Cream of Carrot Soup	Greek Lemon Quinoa Soup	Cream of Broccoli Soup	Green Mixed Salad	Carrot and Tomato Salad	Cream of mushroom soup

21 Day Fix Recipes at [daystofitness.com/21-day-fix-approved-recipes/](http://daystofitness.com/21-day-fix-approved-recipes/)