

# 21 Day Fix Extreme

## Sample Meal Plan

Fityo Fix Extreme	Upper Fix Extreme	Pilates Fix Extreme	Lower Fix Extreme (Vegetarian Plan)	Cardio Fix Extreme (Vegetarian Plan)
Shakeology + ½ banana  [1 red + 1 purple]	PB&Strawberry Oatmeal + 2 hard boiled eggs  [1 purple, 1 yellow, 1 tsp + 1 red]	Shakeology + 8 oz almond milk + berries + PB  [1 red + 1 yellow + 1 purple + 1 tsp]	2 eggs + peppers/tomatoes sprouted wheat toast w/ PB  [1 red + 1 green + 1 yellow + 1 tsp]	Greek yogurt + walnuts + berries  [1 red + 1 blue + 1 purple]
Hummus + Celery + 2 hard boiled eggs  [1 green + 1 blue + 1 red]	Apple + peanut butter + edemame  [1 Purple + 1 tsp + 1 yellow]	Hummus + Celery  [1 green + 1 blue]	Cottage cheese + peaches  [1 red + 1 purple]	8 oz Skim latte, no sweetener + 1 apple + PB  [1 yellow + 1 purple + 1 tsp]
Shrimp + rice/beans + carrots + grapes  [1 red + 2 yellow + 1 green + 1 tsp + 1 purple]	Turkey Lettuce Wrap + grapes + carrots  [2 green + 1 red + 1 purple]	Salad +Dressing + Chickpeas + sweet potatoes  [2 green + 1 red + 1 orange + 1 yellow + 1 tsp]	Shakeology + ½ banana + PB + Spinach + Cinnamon  [1 red + 1 purple + 1 green]	Shakeology + ½ banana, Edamame +sesame seeds  [1 red + 1 purple, 1 yellow + 1 orange]
Apple + peanut butter  [1 Purple + 1 tsp]	Cottage cheese + peaches + sliced peppers  [1 red + 1 purple + 1 green]	Almonds + pears  [1 purple + 1 blue]	none  3	Bell peppers/ carrots + hummus + 2 hard boiled eggs  [2 green + 1 blue + 1 red]
Salad +Dressing + Grilled Chicken + sweet potatoes  [2 green + 1 red + 1 orange + 1 yellow + 1 tsp]	Shakeology (with almond butter + spinach) + toast w/ hummus  [1 red + 1 tsp + 1 green + 1 yellow + 1 blue]	Chicken Fajitas (Chicken, peppers, tortillas)  [2 reds + 1 green + 1 yellow + 2 tsp]	Lentil Tacos (Lentils, tomatoes, tortillas) + guacamole + small salad + dressing  [1 red + 2 green + 1 tsp + 1 yellow + 1 blue + 1 orange]	Salad +Dressing + Chickpeas + sweet potatoes w/oil  [2 green + 1 red + 1 orange + 1 yellow + 1 tsp]

[Based on the 1,500-1,799 caloric range]

# Weight Loss Plan Review Same Day Delivery

**Christian G. Meyer**

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