

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 Fried Eggs (in olive oil) and sauteed spinach	Oatmeal with fresh fruit and yogurt	2 scrambled eggs w/ green peppers and onions (in olive oil), ½ piece toast	Yogurt with granola, berries, cinnamon and cardamom	2 Fried Eggs (in olive oil), sauteed spinach and pineapple	Oatmeal with fresh fruit and yogurt	2 scrambled eggs w/ green peppers and onions (in olive oil)
	(1 red, 1 green, 1 oil)	(1 red, 1 yellow, 1 purple)	1 red, ½ yellow, 1 green, 1 oil	(1 red, 1 yellow, 1 purple)	(1 red, 1 green, 1 oil, 1 purple)	(1 red, 1 yellow, 1 purple)	(1 red, 1 green, 1 oil)
Snack	1 banana and yogurt sweetened with stevia	20 pistachios	1 banana	10 baby carrots and 10 olives with homemade dip	1 banana	20 pistachios	1 banana
	(1 red, 1 purple)	(1 blue)	1 purple	(1 green, 1 blue, ½ red)	1 purple	(1 blue)	(1 purple)
Lunch	Baked Potato with cheese, plain greek yogurt, turkey bacon	21 Day Fix Asian Salad	Baked Potato with cheese, plain greek yogurt, turkey bacon	21 Day Fix Asian Salad	Baked Potato with cheese, plain greek yogurt, turkey bacon	21 Day Fix Asian Salad With chicken	Baked Potato with cheese, plain greek yogurt, turkey bacon
	(1 yellow, 1 red, 1 blue)	(2 green, ½ purple, 1 orange)	(1 yellow, 1 red, 1 blue)	(2 green, ½ purple, 1 orange)	(1 yellow, 1 red, 1 blue)	(1 red, 2 green, ½ purple, 1 orange)	(1 yellow, 1 red, 1 blue)
Snack	Shakeology with spinach	Strawberry Shakeology Smoothie with yogurt	Shakeology	Strawberry Shakeology Smoothie with yogurt	Shakeology	Strawberry Shakeology Smoothie with yogurt	Vanilla Shakeology with berries
	(1 red, 1 green)	(2 red)	(1 red)	(2 red)	(1 red)	(2 red)	(1 red, 1 purple)
Dinner	Chicken Stir Fry with green and red peppers, onions and brown rice.	Sauteed Chicken, Garlic and Basil Quinoa, Steamed Broccoli	Turkey Meatloaf with oatmeal, lemon roasted asparagus and side salad with homemade dressing	Chicken Fried Rice	Tortilla Soup**	Spaghetti with whole wheat pasta, ground turkey and organic tomato sauce	Lean sirloin strips with Cilantro and Red Cabbage salad.
	(1 red, 1 green, 1 yellow, 1 oil)	(1 red, 1 yellow, 1 green, 1 oil)	1 red, ½ yellow, 2 green, 1 orange and 1 oil	(1 red, 1 green, 1 yellow, 1 oil)	(1 red, 2 yellow, 1 green, 1 blue, 1 oil)	(1 red, 1 yellow, 1 green, 1 oil)	(1 red, 1 green, 1 orange, 1 oil)
Snack	Grapes and Walnuts	½ apple with 1 tsp peanut butter	Pineapple and yogurt sweetened with stevia	½ apple with 1 tsp peanut butter	Cucumbers and homemade veggie dip	½ apple with 1 tsp peanut butter	10 baby carrots and homemade veggie dip.
	(1 purple, 1 orange)	(½ purple and 1 oil)	(1 purple and 1 red)	(½ purple and 1 oil)	1 green, ½ red	(½ purple and 1 oil)	(1 green and ½ red)
		1 extra red		½ red extra	**one "zing" chicken stock (take yellow from Sunday), 1 extra orange, ½ extra red		1 extra yellow, ½ extra red