

21 DAY FIX EXTREME[®] EATING PLAN

3 EXAMPLES OF DAILY MEAL PLANS

1. Simply choose the type of meals you want to eat; carnivore, gluten-free, or vegan.
2. Consult page 5 of the 21 Day Fix **EXTREME EATING PLAN** to see how many portions of each container you should eat for your calorie target.
3. Test out the bonus recipes to add variety to your **EATING PLAN!**



CARNIVORE



BREAKFAST:

- 1 egg and 4 egg whites scrambled with fresh herbs and cooking spray
- Sprouted whole-grain bread
- Fresh raspberries





SNACK 1: SHAKEOLOGY® SHAKE

- Water
- Chocolate Shakeology
- Natural almond butter
- Banana



LUNCH:

- Grilled halibut cooked in  olive oil sprinkled with **Fix Seasoning**
- Steamed green beans topped with  sesame seeds
- Sliced red bell peppers
- Cooked whole-grain pasta sprinkled with fresh herbs



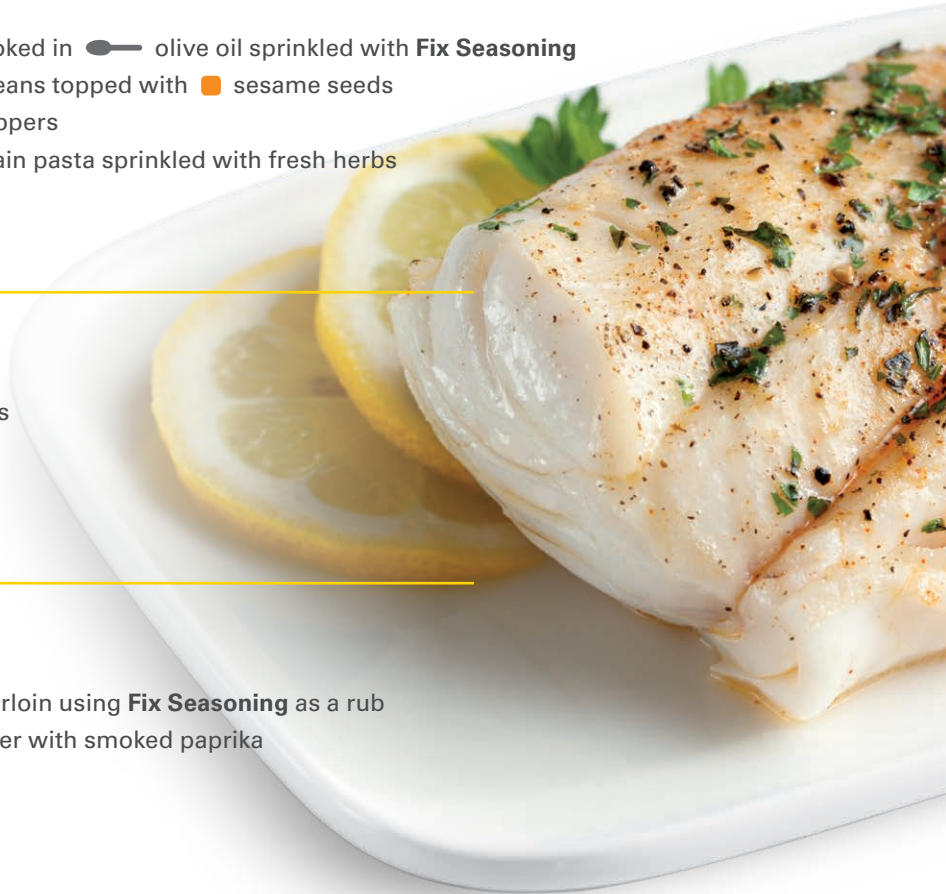
SNACK 2:

- Raw walnut halves
- Green apple



DINNER:


- Grilled pork tenderloin using **Fix Seasoning** as a rub
- Roasted cauliflower with smoked paprika



GLUTEN-FREE

BREAKFAST:



- 1 egg and 4 egg whites scrambled with fresh herbs and cooking spray
- Steamed yams drizzled with  coconut oil
- Fresh strawberries





SNACK 1:

- Plain Greek yogurt
- Blueberries
- Ground cinnamon



LUNCH:

- Grilled tilapia cooked in  olive oil sprinkled with **Fix Seasoning**
- Steamed bok choy topped with  sesame seeds
- Steamed beets
- Cooked wild rice sprinkled with fresh herbs



SNACK 2:

- Raw pecan halves
- Cantaloupe



DINNER:


- Grilled chicken breast using **Fix Seasoning** as a rub
- Roasted asparagus with smoked paprika



VEGAN


BREAKFAST:



- Firm tofu scrambled in  olive oil with fresh herbs and chili powder
- Sprouted whole-grain toast
- Honeydew melon


SNACK 1: SHAKEOLOGY® SHAKE



- Water
- Tropical Strawberry Vegan Shakeology
-  Natural almond butter
- Blueberries

LUNCH:



- Grilled tempeh cooked in  coconut oil sprinkled with ground cumin
- Steamed brussels sprouts topped with balsamic vinegar
- Steamed carrots
- Cooked brown rice sprinkled with fresh herbs

SNACK 2:

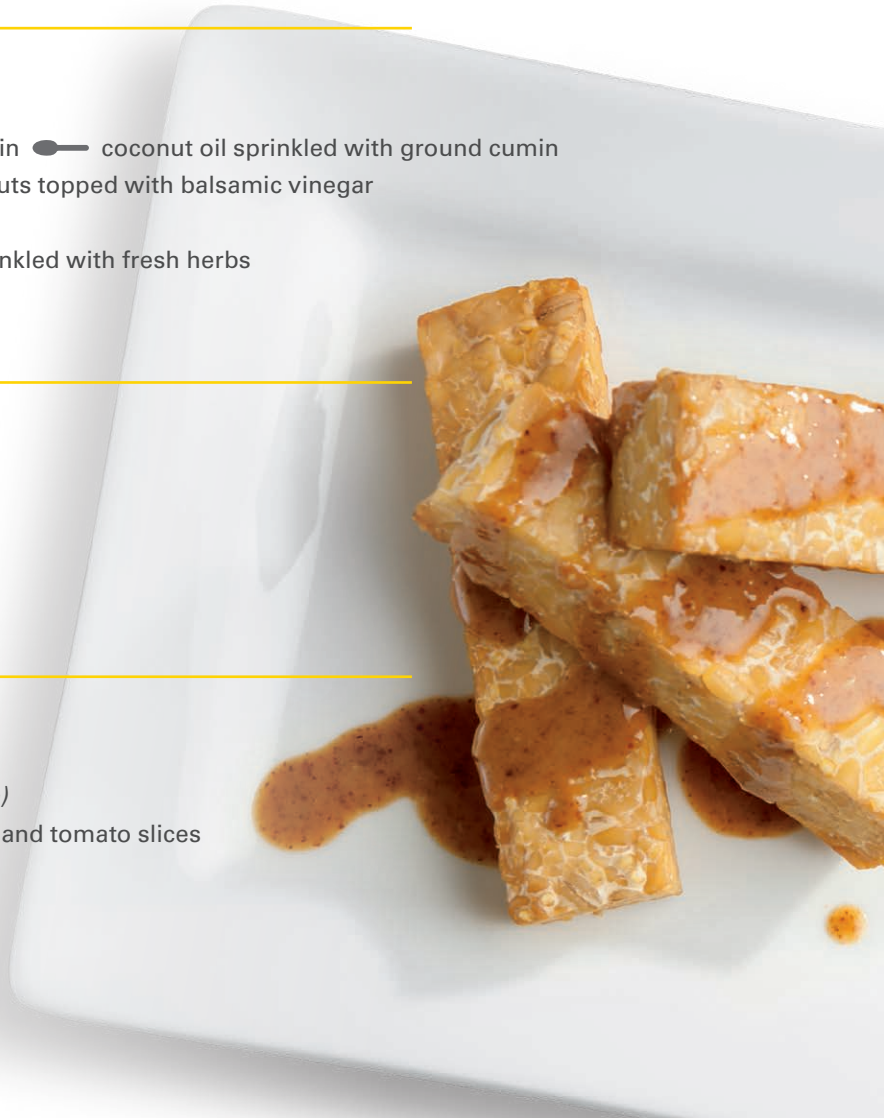


- Raw cashews
- Pear

DINNER:



- Tofu Burger (*see recipe*)
- Combination of lettuce and tomato slices







BONUS RECIPES

CHICKEN WITH QUINOA, ORANGES, AND WALNUTS

(Makes 2 servings, approx. 1 cup each)

1 cup	cooked quinoa
3 oz	shredded rotisserie chicken breast (about ½ cup)
1 oz	raw walnuts, coarsely chopped (about 5 Tbsp.)
1	medium orange, peeled, chopped
2 Tbsp.	chopped fresh cilantro leaves
2 tsp.	extra-virgin olive oil
2 tsp.	red wine vinegar
¼ tsp.	Himalayan salt (or sea salt)
1 dash	ground black pepper

CONTAINER EQUIVALENTS	
PER SERVING	
	1
	1
	½
	½

1. Combine quinoa, chicken, walnuts, orange, and cilantro in a medium bowl; mix well.
2. Drizzle with oil and vinegar. Season with salt and pepper; toss gently to blend.

Tip: Store-bought rotisserie chicken is very versatile. You can bone and skin the chicken and use the leftover meat in other recipes throughout the week. It's great in sandwiches, soups, and salads!



TOFU BURGERS

(Makes 5 servings, 1 burger each)

CONTAINER

EQUIVALENTS

PER SERVING



1

2 Tbsp.	ground flaxseed
3 Tbsp.	water
1 lb.	extra-firm, high-protein tofu, well drained, mashed
3	green onions, chopped
¾ cup	whole wheat bread crumbs
1 Tbsp.	Dijon mustard
1 Tbsp.	reduced-sodium soy sauce
1 Tbsp.	garlic powder
1 tsp.	ground cumin (or smoked paprika)
	Nonstick cooking spray

1. Place flaxseed and water in food processor; process for 1 minute. Let sit for 10 minutes, or until thickened.
2. Add tofu, green onions, bread crumbs, mustard, soy sauce, garlic powder, and cumin to food processor; process until smooth.
3. Form into five patties; set aside.
4. Heat large skillet, lightly coated with spray over medium-high heat.
5. Add patties; cook for 5 to 7 minutes on each side, or until cooked through.

Tip: Super-firm or extra-firm, high-protein tofu can be purchased at many specialty food stores. It may contain a higher amount of protein.



TOFU SCRAMBLE

(Makes 2 servings, approx. 1½ cups each)

CONTAINER

EQUIVALENTS

PER SERVING



1



1



1

2 tsp.	extra-virgin coconut oil, melted
1½ cups	diced firm tofu
1 cup	chopped red bell pepper
1 cup	baby spinach
½ tsp.	smoked paprika
1 Tbsp.	hot pepper sauce
	Himalayan salt (or sea salt) (to taste; optional)

1. Heat oil in medium skillet over medium-high heat.
2. Add tofu; cook, stirring constantly, for 5 to 7 minutes, or until golden brown.
3. Add bell pepper; cook, stirring constantly, for 2 minutes.
4. Add spinach, paprika, hot sauce, and salt (if desired); cook, stirring constantly, for 1 minute, or until spinach is wilted.



CUMIN TEMPEH STRIPS WITH TAHINI SAUCE

(Makes 2 servings, approx. 1 cup each)



5 oz	soy tempeh, cut into strips
1 tsp.	extra-virgin coconut oil, melted
¼ tsp.	ground cumin
	Himalayan salt (or sea salt) (to taste; optional)
4 Tbsp.	Tahini Sauce (optional)

1. Drizzle tempeh evenly with oil.
2. Season both sides of tempeh evenly with cumin and salt (if desired).
3. Heat medium skillet over medium heat. Add tempeh; cook for 2 to 3 minutes on each side.
4. Serve with Tahini Sauce if desired.



CONTAINER EQUIVALENTS

PER SERVING
with Tahini Sauce

	1
	2

CONTAINER EQUIVALENTS

PER SERVING
without Tahini Sauce

	1
	1

TAHINI SAUCE

(Makes 2 servings, about 2 Tbsp. each)

2 tsp.	tahini paste
2 Tbsp.	fresh lemon juice
	Himalayan salt (or sea salt) (to taste; optional)
1 to 2 Tbsp.	water

1. Combine tahini, lemon juice, and salt (if desired) in a small bowl; mix well.
2. Add water; mix until smooth.

CONTAINER EQUIVALENTS

PER SERVING

	1
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