

21 Day Fix full week menu: Presented by
www.GreenPalateLife.com

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Monday:

- **Breakfast:** Shakeology (chocolate, vanilla, or café latte mixed with cinnamon + 6 oz water + 6 oz unsweetened almond milk + vanilla extract) shaken over ice
= 1 red
- **Snack:** 2 hard boiled eggs (optional: top with black pepper, garlic seasoning, + hot sauce) + 1 cup of mixed berries
= 1 red + 1 purple
- **Lunch:** ¾ cup sautéed tofu, ½ cup brown rice, 1 cup broccoli (top all with 2 tablespoons spicy mustard or teriyaki sauce)
= 1 red + 1 yellow + 1 green + 1 orange
- **Snack:** 1 cup sliced tomatoes tossed in balsamic vinegar
= 1 green
- **Dinner:** ½ cup whole wheat pasta tossed in EVOO & topped with ¾ cup grilled shrimp + ½ cup raw spinach + ½ cup roasted bell peppers (toss all ingredients with hot pasta to wilt spinach naturally) then top with 1/3 cup shredded cheddar cheese + red chili flakes (flakes optional)
= 1 yellow + 1 red + 1 green + 1 blue
- **Snack:** ½ large banana with 2 teaspoons of nut butter
= 1 purple + 2 teaspoons

Tuesday:

- **Breakfast:** Shakeology (chocolate, vanilla, or café latte mixed with cinnamon + 6 oz water + 6 oz unsweetened almond milk + vanilla extract) shaken over ice
= 1 red
- **Snack:** 1 apple + ground cinnamon alongside ¾ cup plain Greek yogurt mixed with cinnamon + vanilla extract
= 1 purple + 1 red
- **Lunch:** 1 cup cooked spaghetti squash (slice in 1/2, scoop out seeds, bake at 350 degrees for 40-45 minutes or until a fork can pierce the skin easily) + top with ¾ cup ground turkey or tofu + pasta sauce + oregano
= 1 green + 1 red
- **Snack:** 1 cup mixed sliced tomatoes + cucumber mixed in lemon juice & 1/3 cup feta cheese
= 1 green + 1 blue
- **Dinner:** 2 corn tortillas made into tacos stuffed with ¾ cup grilled shrimp + 1 cup mixed tomatoes & spinach + salsa
= 1 yellow + 1 red + 1 green

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- **Snack:** 1 rice cake topped with 2 teaspoons nut butter + ½ sliced banana + cinnamon + 2 tablespoons shredded coconut
= 1 yellow + 2 teaspoons + 1 purple + 1 orange

Wednesday:

- **Breakfast:** ½ whole wheat toasted English muffin topped with ¼ smashed avocado + lemon juice + chili flakes
= 1 yellow + 1 blue
- **Snack:** ¾ cup Greek yogurt + 1 cup mixed berries + cinnamon + honey
= 1 red + 1 purple
- **Lunch:** 1 cup raw spinach topped with 1 can tuna tossed in red wine vinegar + 1 cup mixed tomato, cucumber, and red onion
= 2 green + 1 red
- **Snack:** Shakeology (chocolate, vanilla, or café latte mixed with cinnamon + 6 oz water + 6 oz unsweetened almond milk + vanilla extract) shaken over ice
= 1 red
- **Dinner:** Leftover spaghetti squash from the day before + homemade garlic bread (1/2 english muffin brushed with EVOO + garlic powder baked at 350 until toasted)
= 1 yellow + 1 green + 1 red
- **Snack:** Apple nachos – 1 sliced apple drizzled with 2 teaspoons warmed nut butter + 2 tablespoons dark chocolate chips
= 1 purple + 2 teaspoons + 1 orange

Thursday:

- **Breakfast:** Shakeology (chocolate, vanilla, or café latte mixed with cinnamon + 6 oz water + 6 oz unsweetened almond milk + vanilla extract) shaken over ice
= 1 red
- **Snack:** 2 hard boiled eggs (optional: top with black pepper, garlic seasoning, + hot sauce) + 1 large orange
= 1 red + 1 purple
- **Lunch:** ½ cup brown rice + ¾ cup ground turkey or tofu seasoned with 2 teaspoons taco seasoning + 1 cup mixed tomato and spinach + salsa + ¼ avocado all eaten together in a taco bowl
= 1 yellow + 1 red + 1 green + 1 blue
- **Snack:** 1 cup mixed tomato + cucumber tossed in balsamic vinegar
= 1 green
- **Dinner:** 1 grilled chicken breast with 1 cup steamed broccoli and 1 small sweet potato

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= 1 red + 1 green + 1 yellow

- **Snack:** 1 baked peach – slice 1 large peach in ½, brush with EVOO then bake at 375 degrees for 30 minutes. Take out of the oven, plate, then drizzle with honey + sprinkle with cinnamon + 2 tablespoons of shredded coconut

= 1 purple + 1 orange

Friday:

- **Breakfast:** ¾ cup Greek yogurt mixed with vanilla extract and cinnamon + mix in 1 cup of mixed berries

= 1 red + 1 purple

- **Snack:** 1 cup mixed tomatoes + cucumber tossed in lemon juice

= 1 green

- **Lunch:** Leftover spaghetti squash

= 1 green + 1 red

- **Snack:** Shakeology (chocolate, vanilla, or café latte mixed with cinnamon + 6 oz water + 6 oz unsweetened almond milk + vanilla extract) shaken over ice

= 1 red

- **Dinner:** Skinny pizza – 1 whole wheat tortilla toasted at 350 degrees for 3 minutes; top with red sauce + ½ cup raw spinach + ½ roasted bell peppers + ¾ cup grilled chicken or shrimp + ¾ cup shredded cheese then back in the oven for 3 minutes at 350 then broil for 2 minutes on low until edges crisp + cheese melts fully

= 1 yellow + 1 green + 1 red + 1 blue

- **Snack:** 1 rice cake topped with ½ banana + 2 teaspoons nut butter + drizzle of honey + 2 tablespoons of shredded coconut

= 1 yellow + 1 purple + 2 teaspoons + 1 orange

Saturday:

- **Breakfast:** 2 scrambled eggs mixed with ½ spinach & ½ cup roasted bell peppers + 1/3 cup shredded cheddar cheese + salsa + stuffed in a whole wheat pita

= 1 red + 1 green + 1 yellow + 1 blue

- **Snack:** ½ banana

= 1 purple

- **Lunch:** 1 cup raw spinach topped with 1 can tuna tossed in red wine vinegar + 1 cup mixed tomato, cucumber, and red onion

= 2 green + 1 red

- **Snack:** Shakeology (chocolate, vanilla, or café latte mixed with cinnamon + 6 oz water + 6 oz unsweetened almond milk + vanilla extract) shaken over ice

= 1 red

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- **Dinner:** 2 corn tortillas made into tacos stuffed with $\frac{3}{4}$ cup grilled shrimp + 1 cup mixed tomatoes & spinach + salsa
= 1 yellow + 1 red + 1 green
- **Snack:** 1 baked peach – slice 1 large peach in $\frac{1}{2}$, brush with EVOO then bake at 375 degrees for 30 minutes. Take out of the oven, plate, then drizzle with honey + sprinkle with cinnamon + 2 tablespoons of shredded coconut
= 1 purple + 1 orange

Sunday:

- **Breakfast:** Shakeology (chocolate, vanilla, or café latte mixed with cinnamon + 6 oz water + 6 oz unsweetened almond milk + vanilla extract) shaken over ice
= 1 red
- **Snack:** 1 cup mixed tomato + cucumber tossed in balsamic vinegar
= 1 green
- **Lunch:** $\frac{1}{2}$ cup brown rice + $\frac{3}{4}$ cup ground turkey or tofu seasoned with 2 teaspoons taco seasoning + 1 cup mixed tomato and spinach + salsa all eaten together in a taco bowl
= 1 yellow + 1 red + 1 green
- **Snack:** $\frac{3}{4}$ cup Greek yogurt + 1 cup mixed berries + cinnamon + honey
= 1 red + 1 purple
- **Dinner:** 1 whole wheat tortilla toasted at 350 degrees for 3 minutes; top with red sauce + $\frac{1}{2}$ cup raw spinach + $\frac{1}{2}$ roasted bell peppers + $\frac{3}{4}$ cup grilled chicken or shrimp + $\frac{3}{4}$ cup shredded cheese then back in the oven for 3 minutes at 350 then broil for 2 minutes on low until edges crisp + cheese melts fully
= 1 yellow + 1 green + 1 red + 1 blue
- **Snack:** Apple nachos – 1 sliced apple drizzled with 2 teaspoons warmed nut butter + 2 tablespoons dark chocolate chips
= 1 purple + 2 teaspoons + 1 orange