

THE 21 DAY FIX

MINI MEAL PLAN



What's included:

- **3 days of meals** (breakfast, lunch, dinner, & snacks)
- **color-coded weekly meal calendar** so you can see each day's meals at a glance (and easily make substitutions if you'd like)
- shameless plugs for the **Complete 21 Day Fix Meal Plan** :o)
- links to **recipes** PLUS a few exclusive recipes to make meals that are easily adaptable to the container system
- **tips** for making the plan work for YOU - it's designed to be FLEXIBLE!
- MOST IMPORTANTLY: **healthy & delicious** food you'll look forward to eating!

Mini Meal Plan

Here's a mini meal plan to get you started for free!

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Day 1	PB&J Greek yogurt (2 tsp. peanut butter + berries)	Shakeology + spinach	Ham & cheese on whole wheat tortilla + carrots & celery	peanuts	Balsamic chicken + sauce + brown rice + green beans
Day 2	Shakeology + flaxseed	Greek yogurt + berries	Balsamic chicken + sauce + brown rice + green beans	carrots & celery + 2 tsp. peanut butter	Taco foil packets (turkey + sweet potato + spinach/ tomato/lettuce/onion/ jalapeno + cheese)
Day 3	2 scrambled eggs + onions/peppers/tomatoes	orange + whole wheat crackers	Taco foil packets (turkey + sweet potato + spinach/ tomato/lettuce/onion/ jalapeno + cheese)	Shakeology	Grilled chicken + salad + dressing + cinnamon apples

Welcome to the Mini Meal Plan!

I wanted to be able to give you a taste (ha, ha) of what my [Complete 21 Day Fix Meal Plan](#) is like, so you can try it for a few days before you decide if you'd like to purchase the full plan. This Mini Meal Plan includes 3 days of meals (they're unique - the full plan has 21 different healthy and delicious meals!) with links to recipes and notes. It's very similar to the complete plan, but does not include the shopping list - you gotta buy the full plan for that bonus! ;o) I hope you enjoy this little freebie - if you do, I would be delighted if you decide to become a customer for the [Complete 21 Day Fix Meal Plan](#)!

Just like in the full plan, leftovers from dinner become lunch the following day. It's meant to be flexible, though - that's the beauty of the containers! - so feel free to make substitutions, simplify, and move things around if you like!

Mini Meal Plan Notes

The meal plan is written with the correct amount of containers for the lowest calorie range (Plan A), so you may need to supplement with additional containers depending on your calorie target range.

Unless otherwise noted, the "teaspoons" (oils and nut butters) are the oil used when cooking dinner (and aren't shown in the meal plan itself). Since many of the dinner meals become lunch the next day, one teaspoon is eaten at dinner and one at lunch *most days*. If a recipe doesn't need oil to cook, I included nut butter in the plan for that day.

Recipes & Links

Day 1

[Balsamic Chicken in the Crockpot or Instant Pot](#)

Use chicken breasts, and omit the olive oil. If using the Instant Pot, omit the oil and skip the step of sautéing the onions, or just compensate for those teaspoons of oil elsewhere in the plan. Use the red container to measure out your chicken and the purple container to measure out the sauce for your plate.

[Brown Rice in the Oven](#)

You can also cook it on the stovetop (or even buy precooked, frozen brown rice!), but this is my favorite method.

Steamed green beans can be fresh or frozen.

Day 2

Foil Packet Sweet Potato Tacos

To make 4 servings, make 1 lb of taco meat (so cut the seasonings, tomato sauce, and water amounts in half) using lean ground turkey or beef, OR go ahead and make the full 2 lbs and freeze the extra for another day! I used the full amount of onion, jalapeno, and spinach with 1 lb of meat. Omit the beans (unless you are on a higher calorie plan and have more yellow containers). Measure one yellow container of sweet potatoes when assembling the foil packets (one medium sweet potato was more than enough for 4 yellows when diced), and use 1/4 of the taco meat mixture. After they're cooked, top with cheese (or avocado!) and fresh lettuce and tomato.

Day 3

For the breakfast vegetables:

Dice everything small. I like to use a shallot instead of an onion if I have one, because they're smaller and I hate leftover onion, and because they have a slightly milder flavor which I appreciate in the morning! Start cooking the onion/shallot in 1 tsp. olive oil in a non-stick skillet. Season with a little salt and pepper. Add the peppers, then the tomatoes. (Lots of veggies work well here - mushrooms, zucchini, etc...or a frozen mix, such as frozen onions and peppers.) You can cook the eggs right in with the veggies, or remove them before cooking the eggs. Use 1 green container full of diced vegetables - OR use 2 containers and reheat the leftovers for another meal.

For the grilled chicken:

Lightly oil a chicken breast with 1 tsp. olive oil and season with salt and pepper, or one of the seasoning mixes from the 21 Day Fix Eating Plan booklet. To cook it on the stove rather than the grill, try this [easy pan-seared chicken](#).

Cinnamon Apples

Avert your eyes from the pita chips. :o) Omit the sugar. Since it's such a tiny amount of cornstarch I don't think it will make or break your Fix, but feel free to omit it (it just thickens the juices). Leftovers make a great topping for oatmeal!

Questions? Comments? I'd love to chat! Email me at betondinner@gmail.com, or leave a comment on the recipe if it's one of mine!