21 Day Fix Extreme 1 Week Sample Meal Plan

By Kami Blakeman
Team Empower

Grocery List:

Daily Foods:

Protein (red):
Lean Ground turkey (4lbs), Chicken breasts (6), Tuna Packets (2), Flank Steak, Cod Fish, Eggs (14)

Veggies (green):
Fresh Green Beans, Broccoli, Cauliflower, Carrots, Brussel Sprouts, Romaine Lettuce

Carbs (yellow):
Sweet potato (2), regular potato (2), Brown Rice

Oils & Nut Butters (Teaspoon Foods):
Extra Virgin Coconut Oil; Extra Virgin Olive Oil; Peanut Butter

And these Every 3rd Day Foods:

Healthy Fats (blue):
Hummus-(only ingredient should be chickpeas!)

Fruit (purple):
Apple, orange

Orange:
Brazil Nuts

FREE FOODS LIST:

Lemons (to flavor water)
Spices (see Taco Seasoning Recipe on my blog kamiblakeman.wordpress.com)
Vinegar

Use the specified containers for each food, see your 21DFX Eating Plan Guide for more specific details regarding your calorie range and how many containers you should be eating daily. Drink water upon waking, and continue all day. Space meals out 2 hours apart. Follow 21DFX workout schedule daily. Questions?
Contact your Coach for guidance & support.

*Heat the coconut oil separately and pour over your meat or veggies.
*I chose to have 2 Raw Brazil Nuts on the Extreme days to support thyroid health. You can have these at the beginning of your day if you wish.
*This plan is also LENT friendly for those who observe no meat (fish only) on Lenten Fridays
<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Meal 1</td>
<td>Vegan Chocolate Shakeology w/ 12oz water (R)</td>
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<td><strong>Meal 2</strong></td>
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<td>2 Eggs (R) Sweet Potato (Y) Coconut Oil (TSP)</td>
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<td>2 Eggs (R) Potato (Y) Coconut Oil (TSP)</td>
<td>2 Eggs (R) Potato (Y) 2 Raw Brazil Nuts</td>
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<td>2 Eggs (R) Sweet Potato (Y) Coconut Oil (TSP)</td>
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<td>Meal 3</td>
<td>Chicken (R) Broccoli (G) Coconut Oil (TSP)</td>
<td>Chicken (R) Broccoli (G) Coconut Oil (TSP)</td>
<td>Carrots (G) Hummus (B) Orange (P)</td>
<td>Flank Steak (R) GreenBeans (G) Coconut Oil (TSP)</td>
<td>Tuna (R) Romaine (G) Olive Oil (TSP) &amp; Vinegar</td>
<td>Carrots (G) Hummus (B) Orange (P)</td>
<td>Chicken (R) Cauliflower (G) Coconut Oil (TSP)</td>
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<td>Meal 4</td>
<td>Chicken (R) Broccoli (G) Coconut Oil (TSP)</td>
<td>Chicken (R) Broccoli (G) Coconut Oil (TSP)</td>
<td>Turkey Taco (R) Romaine (G) Coconut Oil (TSP)</td>
<td>Flank Steak (R) GreenBeans (G) Coconut Oil (TSP)</td>
<td>Tuna (R) Romaine (G) Olive Oil (TSP) &amp; Vinegar</td>
<td>Cod (R) GreenBeans (G) Coconut Oil (TSP)</td>
<td>Chicken (R) Cauliflower (G) Coconut Oil (TSP)</td>
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<td>Meal 5</td>
<td>Turkey Taco (R) Romaine (G) Coconut Oil (TSP)</td>
<td>Turkey Taco (R) Romaine (G) Coconut Oil (TSP)</td>
<td>Flank Steak (R) GreenBeans (G) Potato (Y)</td>
<td>Chicken (R) Romaine (G) Olive Oil (TSP) &amp; Vinegar</td>
<td>Cod (R) GreenBeans (G) Coconut Oil (TSP)</td>
<td>Chicken (R) Brown Rice (Y) Cauliflower (G)</td>
<td>TurkeyBurger (R) Brussels (G) Coconut Oil (TSP)</td>
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<td>Meal 6</td>
<td>Vegan Chocolate Shakeology w/ 12oz water (R)</td>
<td>Vegan Chocolate Shakeology w/ 12oz water (R)</td>
<td>Apple (P) Peanut Butter (TSP)</td>
<td>Vegan Chocolate Shakeology w/ 12oz water (R)</td>
<td>Vegan Chocolate Shakeology w/ 12oz water (R)</td>
<td>Apple (P) Peanut Butter (TSP)</td>
<td>Vegan Chocolate Shakeology w/ 12oz water (R)</td>
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*Note: G = Green; B = Blue; R = Red; Y = Yellow; O = Orange; C2C = Combined 2 Carbs; EX = Exercise*
Cooking Tips:

Get your crock pot ready! Cook the chicken & taco meat the day before you need them (see my recipes on kamiblakeman.wordpress.com).

When you cook your dinner, make enough for the next day, see how my meals are the same for about the next 3 meals?

Bake your sweet potatoes ahead of time, and divide into containers on Sunday. Bake your potatoes midweek, and divide into containers.

Cook enough veggies on the night of that veggie, and divide the rest into containers for your next meals.

This meal plan is based on food that I enjoy, and find easiest to cook, and pairings that I like together. You may change and base your meal plan on food that you enjoy!