

The Inspire Tribe 21 Day Fix Extreme Meal Plan Week One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pumpkin Spice Oatmeal in a Jar Egg Cups	Egg Cups Spinach	1/2 GF Bagel Apple Slices	Pumpkin Spice Oatmeal in a Jar Greek Yogurt	1/2 Gluten Free Bagel Greek Yogurt	Egg Cups Spinach Banana & PB	Egg Cups Spinach
Snack	Turkey Slices Cucumber	Turkey Roll Up	HB Eggs Cucumber Hummus	Ground Chicken Broccoli	HB Eggs Cucumber	Peppers Hummus Apple Slices	Ground Chicken Green Beans
Lunch	Egg Roll in a Bowl Cabbage Broccoli Slaw	Chicken Mason Jar Salad	Turkey Power Bowl Broccoli Quinoa Dressing	Chicken Mason Jar Salad	Ground Chicken Green Beans	Chicken Mason Jar Salad Mason Jar Salad Dressing	Turkey Power Bowl Broccoli Quinoa
Snack	Shakeology	Shakeology	Shakeology Banana	Shakeology	Shakeology	Shakeology	Shakeology
Dinner	Honey Ginger Chicken Broccoli	Tacos Lettuce Wraps Quinoa Salsa	Turkey Meat Balls Spagetti Squash	Chicken Green Beans	BBQ Chicken Pizza Quinoa Crust Broccoli	Out for Dinner	Taco Soup Brown Rice Tomatoes
Snack	Hard Boiled Eggs	Hard Boiled Eggs		Turkey Roll Up	Turkey Roll Up		Turkey Roll Up
Workout	PLYO FIX EXTREME	UPPER FIX EXTREME	PILATES FIX EXTREME	LOWER FIX EXTREME	CARDIO FIX EXTREME	DIRTY 30 EXTREME	YOGA FIX EXTREME
Containers	Green - 3 Purple - 0 Red - 6 Yellow - 1 Blue - 0 Orange - 0 Tsp - 3	Green - 3 Purple - 0 Red - 6 Yellow - 1 Blue - 0 Orange - 0 Tsp - 3	Green - 3 Purple - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2	Green - 3 Purple - 0 Red - 6 Yellow - 1 Blue - 0 Orange - 0 Tsp - 3	Green - 3 Purple - 0 Red - 6 Yellow - 1 Blue - 0 Orange - 0 Tsp - 3	Green - 3 Purple - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2	Green - 3 Purple - 0 Red - 6 Yellow - 1 Blue - 0 Orange - 0 Tsp - 3