The Inspire Tribe 21 Day Fix Extreme Meal Plan Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Egg Cups Spinach	Greek Yogurt Bowl Berries	Egg Cups Spinach	Greek Yogurt Bowl Berries	Egg Cups Spinach	Greek Yogurt Bowl Berries	Egg Cups Spinach
Snack	Herbed Yogurt Dip Cucumber	Boiled Egg Carrots	Herbed Yogurt Dip Cucumber	Boiled Egg Carrots	Herbed Yogurt Dip Cucumber	Boiled Egg Carrots	Herbed Yogurt Dip Cucumber
Lunch	Burrito Bowl Lettuce/Pico Beans/Quinoa Avocado	Chicken Quinoa Mason Jar Salad Dressing	Burrito Bowl Lettuce/Pico Beans/Quinoa Avocado	Chicken Quinoa Mason Jar Salad Dressing	Burrito Bowl Lettuce/Pico Beans/Quinoa Avocado	Chicken Quinoa Mason Jar Salad Dressing	Turkey Power Bowl Broccoli Quinoa
Snack	Shakeology Coconut Berries	Shakeology 1/2 Banana	Shakeology Coconut Berries	Shakeology 1/2 Banana	Shakeology Coconut Berries	Shakeology 1/2 Banana	Shakeology Coconut Berries
Dinner	Chicken Black Beans Romaine	Mongolian Beef Quinoa Broccoli	Meat Sauce Spagetti Squash	Eggs Spinach	Chicken Marsala Red Potatoes Green Beans	Out for Dinner	Taco Soup Tomatoes
Snack	Apples & PB		Apples & PB		Apples & PB		Apples & PB
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 - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2	Green - 3 Purple - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2	Green - 3 Purple - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2	Green - 3 Purple - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2	Green - 3 Purple - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2	Green - 3 Purple - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2	Green - 3 Purple - 2 Red - 4 Yellow - 2 Blue - 1 Orange - 1 Tsp - 2

The Inspire Tribe
WELCOME TO THE FITNESS FRIENDSHIP