21 DAY FIX MEAL PLANNER

calorie target: _____

☐ Green ☐ Purple ☐ Red ☐ Yellow ☐ Blue

☐ Orange ☐ Teaspoons

Breakfast: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐

Lunch: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐

Snack: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐

Dinner: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐