

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P90 & 21 Day Fix Meal Plan – Week 3 10/13/14-10/19/14 www.lisamdecker.com							
	P90 Sculpt A	P90 Sweat A Ab Ripper A	P90 Sculpt A	P90 Sweat A Ab Ripper A	P90 Sculpt A	Rest	Saturday Special
Breakfast	Chocolate Shakeology (1) 1 cup water ½ cup unsweetened almond milk, ice Splash of Metro Mint	Chocolate Shakeology (1) 1 cup water ½ cup unsweetened almond milk, ice ½ banana (1)	Chocolate Shakeology (1) 1 cup water ½ cup unsweetened almond milk, ice Splash of Metro Mint	Chocolate Shakeology (1) 1 cup water ½ cup unsweetened almond milk, ice ½ banana (1)	Chocolate Shakeology (1) 1 cup water ½ cup unsweetened almond milk, ice Splash of Metro Mint	Chocolate Shakeology (1) 1 cup water ½ cup unsweetened almond milk, ice ½ banana (1)	Chocolate Shakeology (1) 1 cup water ½ cup unsweetened almond milk, ice Splash of Metro Mint
Mid-Morning	2 Egg Whites (1), Grilled Peppers, Spinach (1)	Pumpkin Oatmeal (1), Pumpkin Pie Spice Cinnamon Pecans (1) 1 Egg (1/2)	2 Egg Whites (1), Grilled Peppers, Spinach (1) 1 Piece of Ezekiel Bread (1)	Pumpkin Oatmeal (1), Pumpkin Pie Spice Cinnamon Pecans (1) 1 Egg (1/2)	2 Egg Whites (1), Grilled Peppers, Spinach (1) 1 Piece of Ezekiel Bread (1)	Greek Yogurt (1) ½ tsp vanilla extract Celery (1) All Natural Peanut Butter for Celery (in car)	2 Egg Whites (1), Grilled Peppers, Spinach (1) 1 Piece of Ezekiel Bread (1)
Lunch	Cottage Cheese (1) Apple (1) Cinnamon Sunflower Seeds (1)	Cottage Cheese (1) Apple (1) Cinnamon Sunflower Seeds (1)	Turkey Chili (1) (1)	Leftover Bruschetta Chicken (1) Salad (Romaine) Celery, Carrots, Cucumbers, Pepper (2) Balsamic Vinaigrette (1)	Cottage Cheese (1) Apple (1) Cinnamon	Chocolate Shakeology (1) 1 cup water ½ cup unsweetened almond milk, ice Splash of Metro Mint (in car)	Cottage Cheese (1) Apple (1) Cinnamon Sunflower Seeds (1)
Mid-Afternoon Snack	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Apple (1) with 12 almonds (1)	Celery (1) All Natural Peanut Butter for Celery
Dinner	Mexican Pizza Tostitos (1) Ground Beef (1) Tomatoes, onion, peppers (1) Cheddar Cheese (1) NEW!	Turkey Chili (1) (1) (1)	Bruschetta Chicken (1) Tomatoes (1/2) Brown Rice (1) Green Beans (1)	Buffalo Chicken Pizza Chicken (1) Whole Wheat Pita (1) Franks Red Hot Cheese (1) NEW!	Chicken (1) Salad (Romaine) Celery, Carrots, Cucumbers, Pepper (2) Balsamic Vinaigrette (1)	Cheat Meal 1 Red 2 Green 1 Orange	Garlic and Lemon Chicken (1) with Red Peppers (1) and Green Beans (1)

No Evening Snack. Green/Herbal Tea if needed