

# 21 DAY FIX MEAL PLANNER

calorie target: \_\_\_\_\_

- Green
- Purple
- Red
- Yellow
- Blue
- Orange
- Teaspoons

Breakfast: \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack: \_\_\_\_\_

Dinner: \_\_\_\_\_

## 21 DAY FIX GROCERY LIST

 <b>VEGGIES</b>	 <b>FRUITS</b>	 <b>CARBS</b>									
<input type="checkbox"/> CONTAINERS PER DAY	<input type="checkbox"/> CONTAINERS PER DAY	<input type="checkbox"/> CONTAINERS PER DAY									
	 <b>HEALTHY FATS</b>	 <b>SEEDS &amp; DRESSINGS</b>									
	<input type="checkbox"/> CONTAINERS PER DAY	<input type="checkbox"/> CONTAINERS PER DAY									
 <b>PROTEINS</b>	<input type="checkbox"/> CONTAINERS PER DAY	 <b>TEASPOONS</b>									
		<input type="checkbox"/> TEASPOONS PER DAY									
		 <b>FREE FOODS</b>									
		<table border="0" style="width: 100%; font-size: small;"> <tr> <td><i>vinegars</i></td> <td><i>lemon &amp; lime juice</i></td> <td><i>mustard</i></td> </tr> <tr> <td><i>herbs &amp; spices</i></td> <td><i>garlic</i></td> <td><i>hot sauce</i></td> </tr> <tr> <td><i>ginger</i></td> <td><i>flavor extracts</i></td> <td><i>coffee &amp; tea</i></td> </tr> </table>	<i>vinegars</i>	<i>lemon &amp; lime juice</i>	<i>mustard</i>	<i>herbs &amp; spices</i>	<i>garlic</i>	<i>hot sauce</i>	<i>ginger</i>	<i>flavor extracts</i>	<i>coffee &amp; tea</i>
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