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[Ina Garten Fettuccine Alfredo Posted By Zoey Mercado](#)

21 Day Fix EXTREME Week 2 Clean Eating Meal Plan

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Workout</b>	Plates Fix Extreme	Lower Fix Extreme	Carbs Fix Extreme	Dry 30 Extreme	Yoga Fix Extreme	Pipe Fix Extreme	Upper Fix Extreme
<b>Meal 1</b>	Shakeology, Coconut Oil, Ice, Water (red/yellow)	Shakeology, frozen berries, ice, water, Ezekiel bread, almond butter (red/purple/yellow/hs)	Shakeology, frozen berries, ice, water, Ezekiel bread, almond butter (red/purple/yellow/hs)	Shakeology, frozen berries, ice, water, Ezekiel bread, almond butter (red/purple/yellow/hs)	Shakeology, frozen berries, ice, water, Ezekiel bread, almond butter (red/purple/yellow/hs)	Shakeology, frozen berries, ice, water, Ezekiel bread, almond butter (red/purple/yellow/hs)	Shakeology, frozen berries, ice, water, Ezekiel bread, almond butter (red/purple/yellow/hs)
<b>Meal 2</b>	Egg whites, spinach, Ezekiel bread (red/green/yellow)	Oatmeal, Peanut Butter, apple (yellow/hs/purple)	Oatmeal, Peanut Butter, apple (yellow/hs/purple)	Oatmeal, Peanut Butter, apple (yellow/hs/purple)	Oatmeal, Peanut Butter, apple (yellow/hs/purple)	Oatmeal, Peanut Butter, apple (yellow/hs/purple)	Apple Peanut butter (purple/hs)
<b>Meal 3</b>	Meatballs, Mixed greens salad, Strawberries (red/green/purple)	Quinoa Black Bean Burger, Mixed Greens Salad (red/yellow/green/hs)	Greek Wraps (red/yellow/green/orange)	Cook Pot Quinoa Enchiladas Mixed Greens Salad (red/yellow/green/orange)	Vegetarian Fried Rice (red/yellow/green)	Quinoa Lettuce Wraps (red/green)	Veggie Burger Mixed greens salad (red/green/blue)
<b>Meal 4</b>	Apple, Peanut Butter (purple/hs)	Cottage Cheese Fruit (red/purple)	Cottage Cheese Fruit (red/purple)	Cottage Cheese Fruit (red/purple)	Cottage Cheese Fruit (red/purple)	Cottage Cheese Fruit (red/purple)	Protein Shake Banana Ice & water (red/purple)
<b>Meal 5</b>	Quinoa Black Bean Burger, Mixed Greens Salad (red/yellow/green/hs)	Greek Wraps (red/yellow/green/orange)	Cook Pot Quinoa Enchiladas Mixed Greens Salad (red/yellow/green/orange)	Vegetarian Fried Rice (red/yellow/green)	Quinoa Lettuce Wraps (red/green)	Cauliflower Pizza (red/green/blue)	Dinner with family

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