



***Daystofitness***

# Recipe Book

40 Meal Recipes

6 Shakes Recipes

All 21 Day Fix Approved

# Introduction

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Welcome to the 2nd edition of Days to Fitness Recipe Book! This new edition contains even more GREAT recipes that have been tried and tested by our readers and me personally and is deigned to help you lose weight while enjoying great-tasting food. Who said dieting had to be boring?!

In my quest to lose weight, I have tried a whole bunch of different diets but the one that worked best for me was the **21 Day Fix plan**. This diet inspired me to write this recipe book and also to share my weight loss experience with you to help you achieve your goals. Often, dieting can seem like a lonely process but you don't have to go it alone – I'm here to share my strategies for success and my experiences and to provide you with all the support you need.

When you are following a diet, there are two important factors for success:

## 1 – Motivation

To keep your motivation high, you need tasty and satisfying meals that are filling and quick and easy to prepare. There is no point trying to lose weight eating nothing but grilled chicken and steamed veggies – while you might lose weight

initially, you'll soon get bored and lose motivation on such a restrictive diet. That's why the recipes in Days to Fitness Recipe Book are not just low calorie or low fat but super-tasty too!

## 2 – Planning

Successful weight loss requires a plan. Having a plan means you know what meals you are eating and when, so you can plan your grocery shopping and will never be “caught short” without healthy, tasty food to eat. Hunger is the enemy and if you plan your meals in advance you will always have healthy meals and snacks on hand to eat. This will prevent you reaching for a donut or other unhealthy treat.

Days to Fitness Recipe Book 2nd Edition has both of these bases covered – lots of tasty meals that will be a pleasure to eat and meals organized into breakfast, snacks, lunch, dinner, and even desserts to make planning your diet plan easy.

Each recipe lists all the ingredients you need to make grocery shopping easier as well full preparation instructions so, even if you aren't a regular chef, you'll have no problem creating

tasty and healthy meals. Each recipe also contains a nutritional breakdown so you know exactly what you are eating.

## 21 Day Fix Containers

To make things even easier, I've also included the brilliant 21 Day Fix container method for measuring, to save you having to weigh out your ingredients. This system is so simple but really effective and makes losing weight so much easier.

You can buy separately, your 21 Day Fix containers at [amazon.com](https://www.amazon.com). I, personally, recommend the Beachbody's Portion Fix, which includes all the color coded containers, plus the Shaker Cup and The Portion Fix Eating Guide, also [available on amazon.com](https://www.amazon.com).

## Even more recipes

While this book contains 46 recipes (10 breakfast, 7 snacks , 10 lunch, 10 dinner, and 3 desserts plus 6 meal replacement shakes recipes too) if you want even more great recipes, or looking for vegan, gluten-free or paleo recipes, I recommend you to check out Fixate Cookbook. Written by Autumn Calabrese, who has produced one of the best healthy eating cookbooks around. This book is packed with loads of great recipes that are so tasty it's hard to believe they will help you lose weight but they will!

FIXATE [official site here](https://www.fixate.com) or my [review here](#).

## Let's start

My recipe book has everything you need to get you started on your weight loss journey and, remember, these recipes have been tried and tested by people just like you who want to lose weight but still enjoy tasty food.

Now this book belongs to you. Use it and Enjoy it !

Cheers,

Sarah

[daystofitness.com](https://www.daystofitness.com)



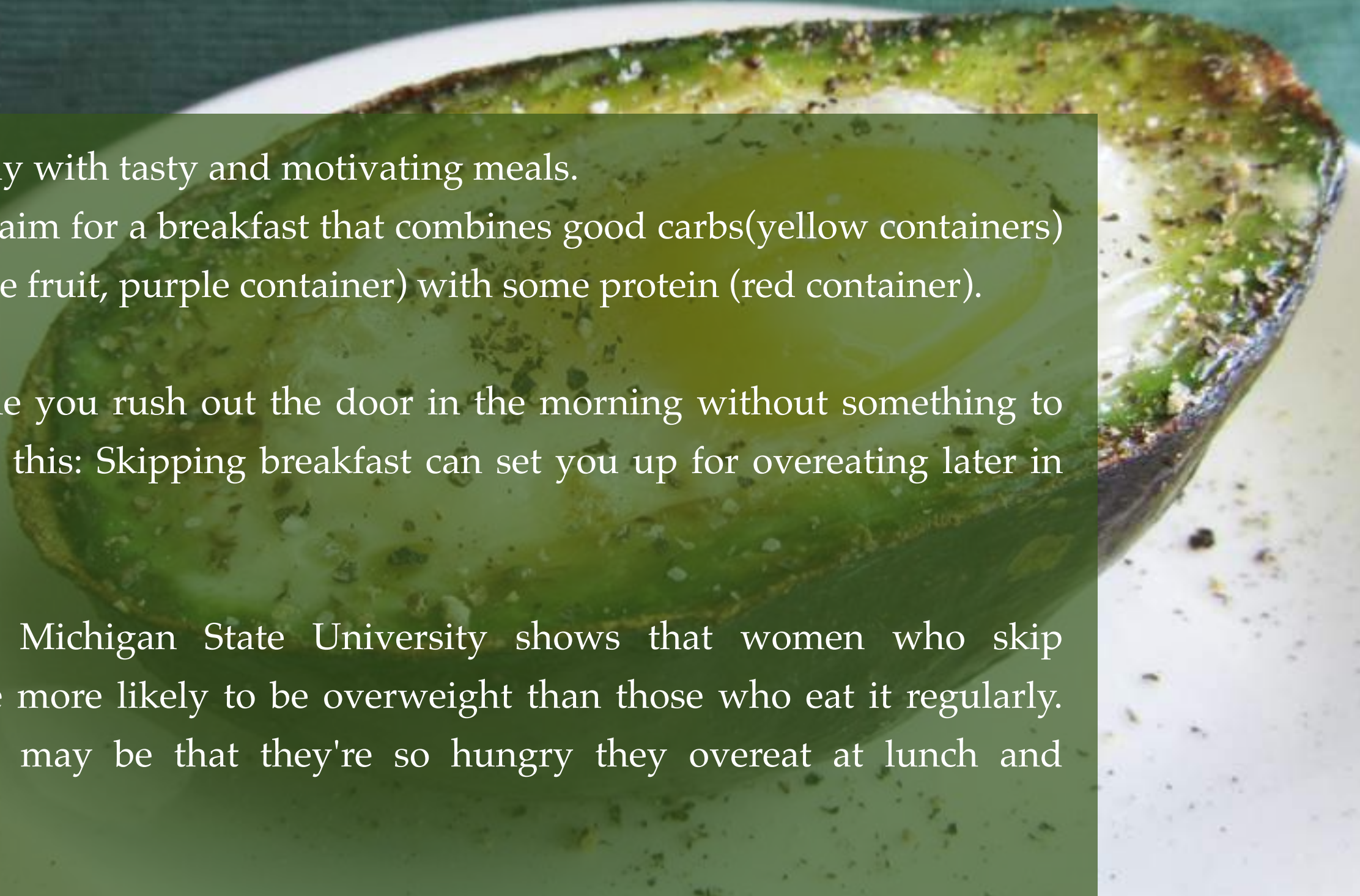
# Breakfast

Start your day with tasty and motivating meals.

You want to aim for a breakfast that combines good carbs(yellow containers) and fiber (like fruit, purple container) with some protein (red container).

The next time you rush out the door in the morning without something to eat, consider this: Skipping breakfast can set you up for overeating later in the day.

Research at Michigan State University shows that women who skip breakfast are more likely to be overweight than those who eat it regularly. "One reason may be that they're so hungry they overeat at lunch and dinner,"



# Banana Bread

This banana bread is so moist and delicious. You'd never know there isn't any added sugar

## Ingredients

4 bananas;4 eggs  
1/2 cup natural peanut butter  
4 tablespoons coconut oil, melted  
1/2 cup coconut flour (or almond flour) 1 tablespoon cinnamon  
1 teaspoon baking soda;1 teaspoon baking powder  
1 teaspoon vanilla extract

## Directions

Preheat oven to 350.

Combine your bananas, eggs, and nut butter, and coconut oil in a blender and blend well.

Add in the coconut flour, cinnamon, baking soda, baking powder, vanilla, and mix well.

Pour your batter in a loaf pan sprayed with Pam and bake for 35-40 minutes or until a toothpick inserted into the center comes out clean.Remove from oven and flip your bread out onto a cooling rack.



## 21 Day Fix Containers

(per 1/8th recipe):

1 Purple, .25 Red, 1 tsp, and if you use almond flour = .5 Blue OR if you use coconut flour = 1 orange





# Baked Eggs in Avocado

I love anything avocado and this was a great breakfast idea for me! I love the taste of warm avocado!

## Ingredients

1 avocado  
2 eggs  
2 strips cooked bacon, crumbled (I used turkey pepperoni slices) salt and pepper to taste

## Directions

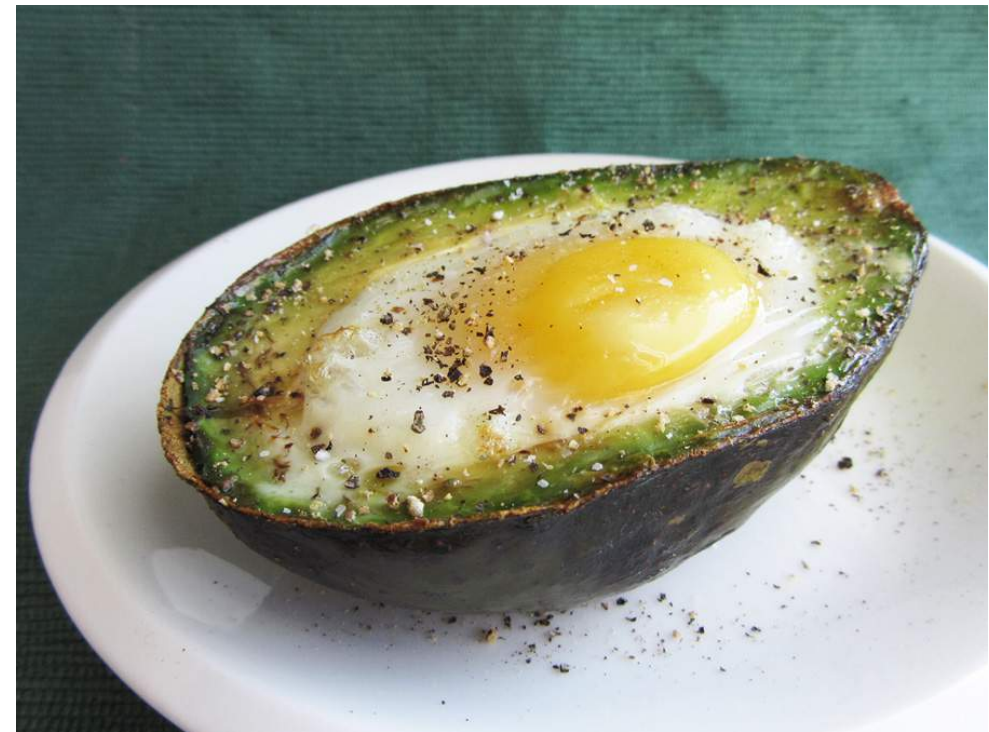
Cut the avocado in half and remove the pit. Scoop out the avocado so the hole matches the size of your eggs.

Crack an egg into each half of the avocado, resting the edge of the avocado on the side of the cookie sheet. (This helps keep it stable so the avocado doesn't roll and spill the egg.)

Add the pieces of bacon (or turkey pepperoni) to the top and place in the oven at 425 degrees for 15 minutes.

Add salt and pepper to taste.

Makes 2 servings



## Nutritional Info

Calories (serving is 1 / 2 avocado): 259 calories

Carbs: 9g

Fat: 20g Protein: 13g

**21 Day Fix containers**

(per 1 / 2 avocado): 1 Red, 1 Blue

# Banana Flatout Wrap

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This is a yummy recipe for a snack or even a breakfast!

## Ingredients

Flatout wrap

1/2 banana sliced

1 tsp honey

1 tsp natural peanut butter & walnuts

cinnamon

## Directions

Spread honey and peanut butter onto Flat-out.

Add banana slices and walnuts and then sprinkle with cinnamon.

Roll up the wrap and then place in toaster oven and bake/toast until warmed or slightly browned.



## 21 Day FIX containers

1 Yellow, 1 Purple, 1 Blue, 1 tsp honey, 1 tsp oil



# Brussels Sprout Hash with Egg

This is a delicious low-carb option for breakfast because it replaces the traditional potato ingredient in this dish with Brussels sprouts which I love!

## Ingredients

2 slices of turkey bacon  
5 brussels sprouts, thinly sliced 1 tsp olive oil  
10 pistachios, chopped  
1 egg; Salt and pepper to taste

## Directions

Place 2 slices of bacon on plate and microwave for 2 min until crispy. Remove and chop into pieces.

Place olive oil and brussels sprouts in saute pan and sauté for about 2 to 3 minutes. Add pistachios and toss through. Spoon your hash onto a serving plate, and return the pan over medium-high heat.

Crack your egg into pan. Once your egg is fried, slide it over your hash and sprinkle with desired amount of salt and pepper. (You may break the yolk, and use it as a sauce for the brussels sprout breakfast hash.)



**21 Day Fix Containers .**

1 Red, 1 Green, 1/2 Blue, 1 tsp

# Cottage Cheese Scrambled Eggs

This is my favorite recipe for scrambled eggs! The eggs come out so fluffy and I love how adding cottage cheese adds additional protein to your breakfast! The key to fluffy scrambled eggs is to beat the eggs really well and to keep the cooking temperature at moderate. Serve with some whole wheat pita for a satisfying and healthy breakfast!

## Ingredients

1 egg & 2 egg whites OR 2 whole eggs

2 tbsp of cottage cheese

1/2 tsp coconut oil

## Directions

Lightly grease frying pan with coconut oil.

Mix eggs and cottage cheese in bowl and add to pan.

Cook until eggs whiten and then flip.

**Makes 1 serving**



## Nutritional Info

Calories: 166 calories Carbs: 4g

Fat: 8g

Protein: 20g

**21 Day Fix Containers .**

1.5 Red

## Breakfast

# Egg Tomato Pizza

This is a delicious omelet that I know will taste even better when I use fresh basil and tomatoes from my garden this summer

### Ingredients

1 egg  
1 egg white  
1 slice of a large tomato or a few slices of a smaller one 3-4  
4 fresh basil leaves (or dried basil)  
1/2 ounce fancy shredded mozzarella cheese  
salt & pepper  
non-stick cooking spray

### Directions

Heat a small non-stick skillet over medium low heat.  
Spray with non-stick cooking spray.  
Beat the egg and egg white together. Pour in the pan and let sit for a few minutes until set. Cook on LOW heat since you will not be flipping this.  
Once its mostly set and cooked, lay the tomato slices on top. Sprinkle with a bit of salt and pepper. Top with the cheese and basil leaves.  
Cover and cook for an additional 3 minutes



### Nutritional Info

Calories: 139 calories Carbs: 3g  
Fat: 8g  
Protein: 13g

### 21 Day Fix Containers .

1 Red, 1 Blue



# French Toast Wrap

This is a great high-fiber delicious breakfast to make on the weekends when you can sit and enjoy!

## Ingredients

1 Flat-out bread or whole wheat tortilla  
1 cup of assorted berries  
2 eggs  
1 tsp cinnamon ;1 / 2 tsp vanilla extract  
1 packet of Truvia honey

## Directions

Whisk eggs, cinnamon, vanilla and Truvia in a shallow pie plate.  
Dip wrap in plate and then save remaining egg mixture.

Heat a large skillet over medium heat and spray with Pam. Transfer wrap to skillet and cook for 2-4 minutes on each side and set aside.

Cook up your leftover egg mixture in the skillet and then place on top of wrap.

Add mixed berries and roll up and cut in half. Drizzle with 1 tsp of honey.

Other optional fillings could be shredded coconut, slivered almonds, bananas or strawberries



## 21 Day Fix Containers .

1 Yellow, 1 Red, 1 Purple & 1 tsp of honey



# Pumpkin French Toast

This is a great alternative to plain French Toast and adds that Fall flavor of PUMPKIN so it almost tastes like eating a Pumpkin bread.

## Ingredients

1/4 cup canned pure pumpkin  
2 eggs  
1/4 cup unsweetened almond milk  
4 tsp of honey  
1 tbsp of Vanilla Shakeology (or other vanilla protein powder), optional 1/2 tsp pumpkin pie spice  
2 tsp coconut oil  
4 slices of Ezeikel Sprouted bread  
honey to drizzle on top, optional

## Directions

In a shallow pie plate, whisk together all ingredients except coconut oil.

Preheat large skillet on medium heat. Add coconut oil and coat the skillet completely.

Soak each slice of bread into the mixture on both sides. Place on skillet and cook for 4-5 minutes on each side, turning once. Drizzle with honey if desired. **Makes 2 servings.**



## 21 Day Fix Containers .

(per 2 slices): 0.5 Red, 2 Yellows, 2 tsp honey,  
1 tsp oil

# Snickerdoodle Pancakes

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I love eating high protein pancakes especially for lunch! This recipe is one of my favorites since it has PB2 in it!

## Ingredients

1 / 4 cup Part Skim Ricotta Cheese 2 eggs  
1 Packet Truvia  
2 tbsp PB2  
cinnamon

## Directions

Mix all together and place on fry pan sprayed with Pam.

This recipe makes 2 large pancakes.

Enjoy!



**21 Day Fix Containers .**

1 Red, 1 Yellow, 1 tsp oil

# Sweet scrambled eggs & oatmeal

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Are you getting sick of scrambled egg whites for your Meal #1 on the 21 Day Fix Extreme Countdown to Competition? This is a great recipe that tastes like a deconstructed pancake and great to eat to switch up from just plain scrambled egg whites and a bowl of oatmeal!

## Ingredients

5-6 egg whites

1/3 cup quick oatmeal, dry cinnamon

1 packet of Truvia (optional)

## Directions

Spray pan with Pam and place over high heat.

Mix egg whites with Truvia and add to pan and then quickly top with oatmeal and reduce heat to medium.

Sprinkle with cinnamon.

Scramble once the eggs are set and cook until done.

Enjoy!




**21 Day Fix Containers .**

1 Red, 1 Yellow



# Snacks



Pre-portioning your snacks is a great idea to do at the start of the week. Target sells colored sandwich bags that are great for color-coding your snacks for the 21-Day Fix. You can portion them out in advance, and keep them in a handy spot in your refrigerator.

They come in yellow, red, blue, and green. There is no purple baggie, but I use the plain clear sandwich bags in their place.



# Overnight Oats

If your'e looking for a fast and easy "breakfast to-go" or a great snack I encourage you to try Overnight Oats:

### Ingredients

1/4 cup oats (quick oats work the best but you could use old fashioned or steel cut if you'd like)

1/4 cup unsweetened almond milk

3/4 cup plain Greek Yogurt

1/2 TBS chia seeds

1/2 cup berries (fresh or frozen) 1 TBS of honey!

### Directions

Mix all ingredients together, let sit in the fridge at least 8 hours, give a big stir and ENJOY!

I know it doesn't look as appetizing as the "before" picture above but don't let that fool you – its delicious!

You can prep 3-4 of these at once and have them ready to grab and go later in the week! I also found frozen berries work great because as they thaw in the fridge you get that extra juicy liquid / flavor added to the mix!



### 21 Day Fix Containers

1 Yellow, 1 Red, 1/2 Purple

Note: As you know, you can sub out 1 yellow per week for 16oz of almond milk. Given that 1/4 cup is only 2 oz almond milk you could technically have 8 of these to equal 1 yellow. I would try to adjust accordingly but unless I am following the diet very strictly I don't count the 1/4 cup!

As for the chia seeds – these are not part of the nutrition guide for the 21-day fix. When I am following the 21-day fix guide, I sub ground flax seeds.

# Pumpkin Pie

## Ingredients

1 green container pure (canned) pumpkin 1 egg, beaten  
1 t pumpkin pie spice  
1 pinch sea salt

Optional sweetener from page 15 such as agave, stevia, honey, pure maple syrup or raw sugar. I use one random dropper amount of Vanilla Creme Liquid Stevia

## Directions

Mix all ingredients in bowl.

Spray 16 oz ramekin with coconut oil.

Pour mixture into ramekin.

Microwave for 5 minutes or until top of "pie" is no longer wet.

Serve with optional toppings such as five pecan halves (1/2 blue), honey, maple syrup or frothed vanilla almond milk.

Put in your belly.



## 21 Day Fix Containers

1/2 Red, 1 Green, Optional 1/2 blue (pecan toping)

# Deviled Eggs with Hummus

For a protein-packed snack, try hummus with your eggs.

Total Time: 5 min

Prep Time: 5 min

Cooking Time: None

Yield: 2 servings

## Ingredients

5 hard-boiled eggs, cut in half lengthwise, yolks discarded (in other words, 5 egg whites)

4 Tbsp. prepared hummus

chopped Smoked paprika (to taste; optional)

## Directions

Fill each egg white half with about 1 tsp. hummus.

Sprinkle evenly with paprika. Serve immediately.



## 21 Day Fix Containers

1 Red



# Pumpkin Muffins

## Ingredients

1 large egg  
1 large egg white  
1/4 cup pumpkin puree  
1 large banana, cut into chunks 1/2 cup all natural almond butter  
1/4 cup pure maple syrup  
1/2 tsp baking powder ;1/2 tsp ground cinnamon  
1/4 tsp sea salt (or Himalayan salt)  
1 dash ground nutmeg  
If you'd like to turn these in to protein muffins, add 2 scoops of protein powder, Vanilla flavor

## Directions

Preheat oven to 350 degrees F.  
Prepare twelve muffin cups by lining with muffin papers or coating with spray.  
Place egg, egg white, pumpkin, banana, almond butter, and maple syrup in blender and cover. Blend for about 30 seconds.  
Add baking powder, cinnamon, salt, and nutmeg (add protein powder if doing so as well) to blender and blend until smooth.  
Divide batter evenly among muffin cups.  
Bake 16 to 18 minutes, or until golden brown.  
Transfer muffins to rack and let cool.



## 21 Day Fix Containers

(for 2 muffins): 1/2 Red, 1 Yellow, 1/3 Purple,  
1 tsp



# Slow Cooker Apple Cinnamon Oatmeal

## Ingredients

1/2 cup old fashioned (be sure you are not using quick cooking oats)

1/2 tsp. ground cinnamon

1/2 tsp. vanilla extract; pinch salt

2 cups water

Enough water to fill Slow Cooker about 1/4 of the way full

1/2 small apple, chopped

## Directions

In a small heat-proof bowl, stir oats, cinnamon, vanilla, and salt. You have the option of either adding the apples at this point, or waiting until the morning after it is done cooking.

Pour two cups water over the oats.

Fill Slow Cooker about 1/4 to 1/2 of the way full with water.

Add the heat-proof bowl with the oat mixture to the Slow Cooker. The bowl with the oats/cinnamon/vanilla has water in it, and also sits in the slow cooker surrounded by water. The water level should come to almost the top of the bowl.

Turn the Slow Cooker on low for 7-8 hours overnight. Using a large spoon, remove the bowl from the Slow Cooker (Obviously, the bowl will be very hot!). If you did not add the apples before cooking, do so now.

If you are doing so, add the sweetener of your choice.



## 21 Day Fix Containers

2 Yellow, 1/2 Purple

# Bacon Cheddar Poppers

## Ingredients

4 sweet peppers, sliced lengthwise with seeds removed  
4 slices turkey bacon, sliced lengthwise  
1/4 c. cheddar cheese, shredded  
6 Tbsp. plain Greek yogurt  
1 tsp. cumin  
Pinch pink Himalayan salt

## Directions

Preheat oven to 350 degrees. Spray rimmed baking sheet with nonstick spray.

Mix half of the cheese with the Greek yogurt, cumin and salt.

Fill each pepper with yogurt mixture. Reserve remaining mixture to use as dip.

Add remaining cheese to top of each pepper.

Wrap each pepper with turkey bacon and place on rimmed baking sheet. Secure with toothpick, if necessary. Bake for 30 minutes.

Broil on high for 1 – 2 minutes.

Serve immediately with remaining dip and optional side of fresh vegetables. **Makes 1 serving**



## 21 Day Fix Containers

1 Green, 1 1/2 Red, 1 Blue

# Chocolate Peanut Butter Snack Bars

Need a healthy snack fix during your 21 days? These chocolate peanut butter bars are delicious and packed with protein. My review about [IdealShake powder](#).

## Ingredients

4 scoops chocolate IdealShake® Meal Replacement Shake  
2 cups old-fashioned rolled oats  
1/3 cup chopped peanuts or walnuts  
1/2 cup golden raisins  
1 cup almond milk (unsweetened)  
1/2 cup natural creamy peanut butter

## Directions

Combine all ingredients in a bowl and mix well.

Press into an 8×8 pan.

Chill for at least 3 hours.

Cut into 24 pieces and enjoy!



**21 Day Fix Containers**

each bar is a Yellow



# Lunch



The best lunches share four basic components: protein, complex carbohydrates, vegetables and fruit. Pack all four – plus some water – and you’ve got the perfect lunch.

Plan your lunches for the week, follow this recipes or get inspired to try new ones , and start your 21 day fix eating calendar.



# BBQ Chicken Quinoa Salad

## Ingredients

1 cup cooked quinoa, cooled  
1/2 cup frozen corn  
1/2 cup low salt black beans, rinsed and drained  
1 cup shredded or diced chicken (I bought a rotisserie chicken from the grocery store)  
1 avocado, chopped  
3 tbsp shredded white cheddar cheese  
4 tbsp BBQ sauce  
2 scallions, chopped  
salt to taste

## Directions

In a large bowl, toss together the quinoa, corn, black beans, chicken and avocado. Season with salt and pepper. Transfer mixture onto a bowl and top with shredded cheese, BBQ sauce, scallions.

Serve at room temperature or cold.

Makes 6 servings.



## Nutritional Info

Calories: 260 calories (1/2 cup)

Fat: 7g

Carbs: 34g

Protein: 17g

Fiber: 6g

## 21 Day Fix Containers

1 Red, 1 Green, 1 Blue, 4 tbsp BBQ sauce

# Balsamic Roast Bee

This Balsamic Roast Beef Recipe is simple and delicious and I love how you cook it in the crockpot!

## Ingredients

1 3-4 pound boneless roast beef (chuck or round roast)  
1 cup beef broth  
1/2 cup balsamic vinegar  
1 tablespoon Worcestershire sauce  
1 tablespoon soy sauce; 1 tablespoon honey  
1/4 teaspoon red pepper flakes  
4 cloves garlic, chopped

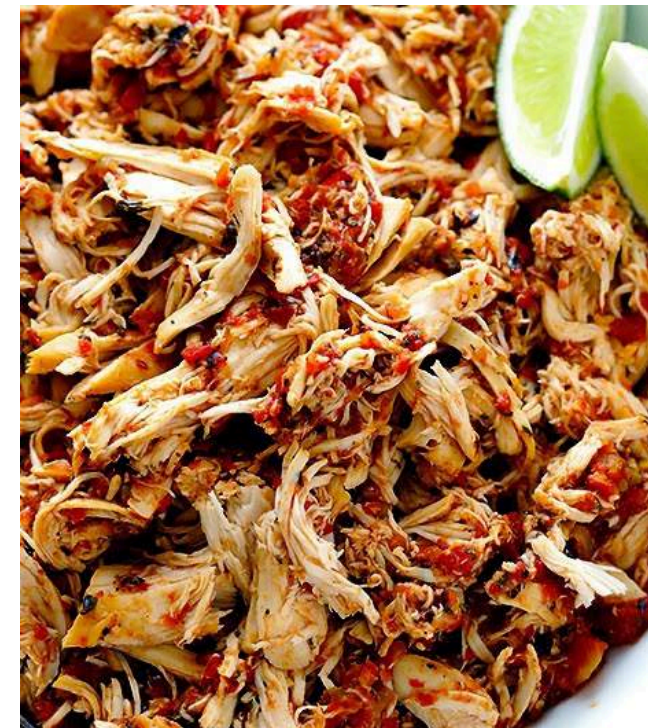
## Directions

Place roast beef into the your slow cooker.

In a 2-cup measuring cup, mix together all remaining ingredients. Pour over roast beef and set the timer for your slow cooker. (4 hours on High or 6-8 hours on Low)

Once roast beef has cooked, remove from slow cooker with tongs into a serving dish. Break apart lightly with two forks. Put some of the juices from the crockpot and pour into a saucepan over medium heat. Add a little cornstarch and simmer until gravy is thickened.

Store remaining gravy in an airtight container in the refrigerator for another use.



## Nutritional Info

Calories (1/8 of shredded meat): 328

Carbs: 8g

Fat: 13g

Protein: 36g

## 21 Day Fix Containers

1 Red, 1 Yellow, 1 Orange, 1 tbsp honey

# Bulgur, Bell Pepper & Cucumber Salad

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I got this recipe from my mother (who isn't someone who typically eats clean). It's a healthy salad that can be eaten alone with pita bread or as a side dish to any protein.

## Ingredients

1 1/2 cups of bulgur wheat  
2 green peppers, diced  
1 seedless cucumber, diced  
6 scallions, thinly sliced  
1/2 cup of fresh lemon juice  
1/4 cup olive oil  
1 1/2 tsp salt; 1/2 tsp pepper  
3/4 cup of curly parsley, chopped  
1/4 cup fresh mint (or a little dried mint)

## Directions

Cook the bulgur in 2 cups of water on med heat for around 15-20 minutes or until water is absorbed and bulgur is soft. Let bulgur cool.

Place peppers, cucumber, and scallions in large bowl.

In small bowl, whisk together the lemon juice, olive oil, salt and pepper. Then add to large bowl and add bulgur as well.

Fold in parsley and mint. **This makes 12 servings.**



## Nutritional Info

Calories: 125

Carbs: 18g

Fat: 5g

Fiber: 5g

Protein: 3g

## 21 Day Fix Containers

1/3 Red, 1 Yellow, 1 Green



# Buffalo Turkey Balls

I've been trying to experiment with ground turkey and this recipe came out really good. It's not too spicy but has a little kick to it!

## Ingredients

1lb of ground turkey meat  
2oz. whipped cream cheese  
2 eggs  
3 tbsp celery, chopped very small  
3 tbsp crumbled blue cheese  
1/4 cup Panko bread crumbs  
1/2 stick unsalted butter  
1/2 cup of hot sauce ( I used Cholula)

## Directions

Mix together first six ingredients and make 22 balls and place on greased cookie sheet and bake at 350 for 15 minutes.

While it's baking, make the sauce by microwaving the butter and hot sauce together in a bowl.

Remove turkey balls from oven and dunk in the sauce and then re-bake for another 15 minutes.

Makes 22 balls.



## Nutritional Info

Calories (per 1 ball): 80

Fat: 5g

Carbs: 1g:Protein:8g

## 21 Day Fix Containers

for 3 buffalo turkey balls

1/2 Red, 1/4 Yellow, 1 Blue

# Garlic-Skewered Shrimp

These tender garlic shrimp skewers make a delicious party time appetizer or an easy backyard family dinner. Large shrimp grill quickly so be careful not to overcook them.

## Ingredients

2lbs large or jumbo shrimp  
3 large garlic cloves, minced  
1/3 cup olive oil  
1/4 cup tomato sauce  
2 tablespoons red wine vinegar  
2 tablespoons chopped fresh basil ( or 1 1/2 tsp of dried basil)  
1/2 teaspoon salt  
1/2 teaspoon cayenne pepper

## Directions

Peel and devein the shrimp.

In a large bowl, stir together the oil, tomato sauce, vinegar, basil, garlic, salt and cayenne pepper.

Add the shrimp and toss to coat evenly. Cover and refrigerate at least 30 minutes

Thread the shrimp onto skewers by bending the shrimp so that the large end nearly touches the smaller end. Arrange the skewer on the oiled rack. Grill, turning frequently until shrimp becomes pink, 6-8 minutes.



**21 Day Fix Containers**

1 Red

# Healthy Glazed Meatloaf

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This recipe is made over from the classic family favorite Meat Loaf slashing calories and fat while keeping it juicy and delicious. The secret is adding chopped carrots and celery and rolled oats to the lean ground beef.

## Ingredients

- 1/2 yellow onion, chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 1 clove garlic, chopped
- 1/2 cup rolled oats
- 1/2 tsp cayenne powder
- 1 tsp dried thyme
- 1/4 tsp sea salt
- 1/4 tsp ground black pepper
- 1 egg
- 1 lb. lean ground beef
- 1/2 cup ketchup
- 1/2 tsp cumin
- 1 tsp Worcestershire sauce

## Directions

Pre-heat oven to 375F. Coat an 8-inch loaf pan with cooking spray.

Combine onion, carrots, celery and garlic in a food processor. Pulse 10 times.

In a medium bowl, combine oats, cayenne, thyme, salt and black pepper. Set aside.

In a large bowl, beat egg. Add beef to egg and mix thoroughly with hands. Add in oat mixture and veggie mixture. Blend together well. Spoon into a loaf pan, smoothing top.

Place loaf into the oven for 45 minutes. While its cooking, prepare glaze by combining ketchup, cumin and Worcestershire sauce. Remove meatloaf from oven and pour half of the glaze on top. Return to oven for another 25 minutes. Let it cool for 10 minutes. Slice into 4 large pieces and serve extra glaze as a dipping sauce.

## 21 Day Fix Containers

1 Red, 1 Blue, 1 Yellow, 1/2 Green, 1 teaspoon (oil)



## Lunch

# Red Lentil Patties “Vospov Kufta”

This is an Armenian Dish called VOSPOV KUFTA or (“Red Lentil Patty” as they call it at Whole Foods). It is usually served with pita bread and it very filling!

### Ingredients

1 cup orange lentils, wash and remove stones  
2 1/2 cups water; 2 cups, onions finely chopped  
1/4 cup olive oil; 1 tsp salt  
1/8 tsp red Aleppo pepper; 1 1/4 cup of fine Bulgur  
1/2 cup parsley, finely chopped, reserve half for garnish  
1/2 cup scallions, finely chopped, reserve half for garnish

### Directions

In large pot, place orange lentils and water. Bring to boil and simmer until lentils are soft and mushy about 1 hour.

Place olive oil and onions in a skillet. Brown gently over low heat until onions are dark brown.

In another bowl, place fine bulgur and moisten with 3/4 cup of water and cover with a towel for 30 min.

Add cooked lentils and olive oil mixture to fine bulgur. Add salt and red pepper. Knead gently, dipping hands in water occasionally.

Add 1/2 of the parsley and scallions to bowl and combine. Refrigerate until cool.

Scoop out handfuls and gently squeeze leaving finger impressions.

Arrange on platter and garnish with remaining scallions and parsley.

**Makes 24 servings.**



### Nutritional Info (per each)

Calories: 60

Carbs: 9g

Fat: 2g

Protein: 2g

### 21 Day Fix Containers (per 6)

1/2 Red, 1 Yellow, 1 Blue Shrimp Scampi with Spaghetti Squash

## Lunch

# Shrimp Scampi with Spaghetti Squash

This is a delicious creamy low calorie shrimp dish without the pasta guilt! I love using spaghetti squash as my “noodles”!

### Ingredients

1-2 spaghetti squash (about 4 cups once baked and “stringed”)  
1 tablespoon olive oil  
1 red bell pepper, finely chopped; 1 clove garlic minced  
1 lbs large shrimp, peeled and deveined  
1/2 cup of chicken broth  
1 tbsp fresh lemon juice  
1/4 tsp of lemon zest  
2 tsp chopped parsley; salt and pepper

### Directions

Cut squash in half and place down on cookie sheet lined with parchment paper. Bake at 400 for 40 minutes. Let cool, then remove seeds.

In a large skillet, heat oil over medium heat. Add the bell pepper and garlic and cook, stirring frequently, until they begin to soften, about 3 minutes. Add the shrimp, chicken broth and lemon juice and cook, tossing occasionally, until the shrimp are firm and pink, about 5 minutes. Stir in the lemon zest and parsley; remove from the heat.

Using a fork, rake the spaghetti squash lengthwise to remove the flesh (it will pull away in long strands). Season with salt and pepper.

Place spaghetti squash in large pasta bowl and top with the shrimp/sauce mixture and serve. **Makes 4 servings**



### Nutritional Info

Calories: 197

Carbs: 13g

Fat: 5g

Protein: 25g

### 21 Day Fix Containers

1 Red, 1 Green 1tsp oil

# Spinach Salad with Chicken, Avocado & Feta Cheese

This delicious salad can be served as a main dish and is very filling!

## Ingredients

### Salad:

- 8 cups chopped spinach (1 bag)
- 1 cup halved cherry or pear tomatoes
- 1/2 cup corn (frozen or cut off the cob)
- 1 1/2 cups chopped cooked chicken
- 1 large avocado, sliced
- 1/3 cup crumbled feta cheese
- 1/4 cup toasted pine nuts

### Dressing:

- 3 tablespoons white wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Dijon mustard
- salt and freshly ground black pepper, to taste

## Directions

1. Place spinach in a large salad bowl. Add remaining salad ingredients.
  2. In a small bowl, whisk together the dressing ingredients. Pour over the salad and toss or keep dressing separate.
- It makes 4 servings.**



## Nutritional Info

Calories: 350  
Carbs: 14g  
Fat: 24g  
Protein: 25g

## 21 Day Fix Containers for 1 serving

1 Red, 1 Green, 1/2 Yellow,, 1 Blue



# Turkey Taco Lettuce Wraps

I like to swap out taco shells with lettuce wraps for a healthier alternative and to make this recipe low carb.

## Ingredients

2 teaspoons chili powder  
1.5 teaspoons paprika  
1/5 teaspoons cumin; 1 teaspoon onion powder  
3/4 teaspoon garlic powder  
1/2 teaspoon sea salt  
Dash of cayenne to your preferred level of heat

## Directions

Combine all of the ingredients in a small bottle or jar. Stir or cover and shake to combine.

Store the excess in an airtight container.

Lettuce Wraps:

1 large romaine lettuce leaves  
3/4 of a cup of cooked turkey meat seasoned with the taco seasoning  
1/2 cup of cherry tomatoes, halved; 2 tablespoons of shredded cheddar cheese

Lay the lettuce leaves down on a plate. Layer the turkey taco mixture, halved tomatoes and cheddar cheese on top, divided evenly over the two pieces of lettuce.




## 21 Day Fix Containers

1 Red, 1 Green, 1 Blue



# Dinner



There is much importance placed on meal-times; breakfast with its ability to kick-start the day and lunch as an opportunity to take a break to re-fuel and re-focus the mind. So what about dinner?

Since it's the last meal of the day it's important to make the right choices because you won't eat again for at least another 8 ten hours or so.

Ensuring that there is a steady supply of glucose for the body to use as fuel for essential processes whilst we sleep is critical.



# Clean Eating Turkey Lasagna

## Ingredients for 4 servings

1 package whole wheat lasagna noodles, prepared  
1 lb. ground turkey  
1 onion, minced  
1 8-oz. can tomato sauce; 1 can tomato paste  
¼ C. extra virgin olive oil  
1 C. water  
2 tsp. Worcestershire sauce; 1 tsp. garlic powder  
¼ C. Italian flat leaf parsley, chopped  
1 tsp. sea salt; ½ tsp. black pepper  
1 15-oz. container low fat ricotta cheese  
1 egg  
½ C. Parmesan cheese; 2 C. mozzarella cheese

## Directions

In a skillet, brown turkey with onion. Drain.

Return ground turkey and onion mixture to skillet. Add tomato sauce, paste, olive oil, water, and spices. Stir well and simmer on low for about 20-30 minutes.

Meanwhile, in a bowl combine ricotta, Parmesan and egg.

Layer meat sauce, noodles, and ricotta/egg mixture in a 10x13 casserole pan. Top with mozzarella. Cover with aluminum foil.

Bake 45 minutes. Remove aluminum foil and continue cooking 10-15 minutes until cheese browns. Remove from oven and allow to sit for 5-10 minutes before serving.



**21 Day Fix Containers for 1 serving**

1 Red, 1 Yellow, 1 Blue , 1 Orange



# Pasta with Asparagus, Tomatoes and Feta

This dish is so yummy, but I think the best part is that it's ready in about 15 minutes from start to finish. Perfect for busy nights, and healthy, too! Make extra, because you'll want leftovers for lunch the next day. Feel free to vary the ingredients and tweak the portions.

## Ingredients

1/2 box whole grain pasta  
1 Tbsp. extra virgin olive oil  
1 bunch asparagus spears, cut in 3/4" pieces  
1 tsp. minced garlic  
Cherry tomatoes, halved  
1/2 C. chicken broth  
2 oz. feta or blue cheese

## Directions

Prepare pasta according to package directions.  
Meanwhile, sauté chopped asparagus in 1 Tbsp. olive oil and garlic until tender.  
Add 1/2 C. chicken broth and drained pasta. Remove from heat. Add tomatoes and feta cheese. Serve immediately.



## 21 Day Fix Containers

1/2 Red, 1 Green, 1 Yellow, 1/2 Blue

# Crock Pot Stuffed Enchilada Peppers

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## Ingredients

5-6 fresh red or yellow peppers  
1 lb. shredded chicken breast or turkey (cooked)  
1 C. instant brown rice (uncooked)  
1 C. fresh spinach, chopped  
1 can diced tomatoes with green chiles  
1 C. fat free plain Greek yogurt  
1 package shredded cheese (Jack, Cheddar, or Mexican blend)

## Directions

Cut the tops off each of the peppers and remove the seeds.

Combine the meat, rice, spinach, diced tomatoes and yogurt.

Fill each pepper 2/3 with the mixture, put top back on, and place upright in the bottom of the crock pot.

Cook on low for 6-8 hours or high for 3-4 hours.



## 21 Day Fix Containers

1 Red, 1 Yellow, 1 Green, 1 Blue

# Ground Turkey Stuffed Pepper with Brown Rice

---

## Ingredients

Ground turkey (seasoned to your likings)

Onions (cook with the ground turkey)

Red pepper (remove top, seeds and rind)

Quinoa/brown rice blend

## Directions

Brown the ground turkey with the onions. Cook the pepper with a little coconut oil and season lightly with salt and pepper. Mix the turkey, onions, and rice/quinoa mixture. Put that mixture in the pepper and put it back in the oven until the pepper is tender.

It turned out really well. And if you have a 21-Day Fix Blue Container to use up, you can add some avocado or cheese. Enjoy!



## 21 Day Fix Containers

1 Red, 1 Yellow, 2 Green



# Chicken and Veggie Stir-Fry with Brown Rice

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## Ingredients

1 Red of Cooked Chicken

1 Yellow of Cooked Brown Rice

1 Green of Mixed Veggies (Zucchini, Carrots, Green Beans and Red Peppers)

1 tsp of Coconut Oil

## Directions

Measure out your portions in the appropriate containers.

Heat 1 tsp of coconut oil in a pan. Stir fry everything together until heated.



## 21 Day Fix Containers

1 Red, 1 Yellow, 1 Green

# Broiled Salmon with Veggies

---

## Ingredients

1 Red of Wild Salmon (4 oz)

1 Green of Carrots

1 Green of Spinach and Tomatoes

2 tsp of Olive Oil

## Directions

Top Salmon with 1 tsp of Olive Oil, Lemon Juice, and Seasonings

Broil Salmon for about 10-12 minutes

Sauté spinach and tomatoes in 1 tsp of Olive Oil

Steam carrots



## 21 Day Fix Containers

1 Red, 2 Green, 2 tsp Orange

# Guacamole (or Avocado) Turkey Burgers

## Ingredients

Mrs. Dash Extra Spicy Seasoning

Mrs. Dash Original Blend

Fresh Chopped Jalapeños; Fresh Chopped Onion (about 1/4 or less)

Pepper Jack Cheese slices

Head of Lettuce (we did lettuce wraps vs. the bun, saving those carbs for another day!)

Guacamole or avocado; Lean Ground Turkey; 1 Egg (optional)

## Directions

Put the lean ground turkey in a large bowl, start to mix it up and smash it around (yay its gooey and soft---hope you're not freaked out by raw!)

Add the two Dash seasonings to the ground turkey, I didn't really measure this part since we're all a tad picky on how much we like things seasoned. I personally like it hot as hell, so I added a bit more spice! So do as needed or as you like

Chop up half the jalapeño then add to the turkey

Either add raw chopped onion, or sautee the onion and then add to the turkey (I did raw, but I wish I would have done sautéed because that sounds wayyyyy better!)

Mix the ground turkey well so that everything is pretty even throughout.

Turn on the grill (I have my handy dandy George Foreman)

Coat the burgers lightly with olive oil so they don't stick! (I also sprayed the grill just in case). Separate the turkey mix into patties, then lay on the grill, Cook as long as desired--but make sure there is no pink in the middle..

Once done grilling, add the cheese on top to melt. Top off with avocado or guac, ketchup and whatever else you fancy, then wrap up in the lettuce!



## 21 Day Fix Containers

1 Red, 1 Green, 1 Blue, 2 tsp Orange



# Paleo Pad Thai

## Ingredients

1 small spaghetti squash  
2 tablespoons lime juice; 1 1/2 tablespoons rice vinegar  
2 tablespoons sugar; 1 tablespoon water  
1 tablespoon fish sauce (optional); 1 tablespoon coconut oil  
Red pepper flakes to taste  
3 cups thinly sliced green cabbage (I used the bagged cabbage)  
3 chicken breasts; 4 large eggs; 1/2 cup peanuts, chopped

## Directions

Preheat the oven to 375. Prick squash all over with a fork and roast on a rimmed baking sheet about 1 hour or until tender when pierced. (You can also do prep your squash by pricking it and placing it in the microwave to make it easier to cut). Whisk together lime juice, vinegar, fish sauce (optional), sugar, water and your desired amount of red pepper (it makes it spicy). Bring to a simmer; keep warm over low heat, and whisk it occasionally.

Heat oil in a large skillet over medium-high heat; Cut up and cook your chicken breasts. Then, add cabbage and sauté 1 minute. Stir occasionally for about 3 minutes. Reduce heat to low and stir in scrambled eggs. Let sit 30 seconds and then stir constantly until eggs are cooked, about 2 minutes more. Turn off heat.

Halve squash lengthwise and scoop out seeds. Using a fork, scrape the squash from the shell to make noodles. Then place the strands into a bowl to untangle, and then add it to your egg mixture. Then drizzle the sauce and add peanuts into the egg mixture. **4 Servings.**



## 21 Day Fix Containers

1 Red, 1 Green , 1 Orange

# Mediterranean Fish in Foil

## Ingredients

2 fresh baby artichokes, trimmed and quartered  
1 tomatoes, coarsely chopped  
1/2 lemon, sliced thin  
1/3 cup black olives ( 12 medium)  
1/2 bunch fresh basil (or less to taste) or save 1/2 for Quinoa Side dish  
4 sprigs fresh thyme  
2 teaspoons extra-virgin olive oil  
2 fish fillets, any fish can work here about 4 ounces each  
Freshly ground black pepper

## Directions

Preheat oven to 350 degrees F.

In a large bowl combine the artichokes, tomatoes, lemon, olives, and herbs. Drizzle with olive oil, season with pepper, and toss together. Take an 18-inch piece of aluminum foil and fold it in half crosswise.

Fold a 1-inch strip on each side over twice, once to close and once to seal; you should now have a pouch. Repeat for each serving here 1 more pouche. Season the fillets pepper and place 1 into each pouch. Add 1/4 of the artichoke mixture to each pouch. Fold over a 1-inch strip of the top twice to seal. Place the packets onto a sheet pan and bake for 20 to 25 minutes, depending on the thickness of your fish.

Carefully open the pouches and place the fish and vegetables onto warm plates. Spoon any juices that have accumulated over the fish. Serve immediately with a veggie Salad with vinegar dressing and/or Basil Quinoa.



## 21 Day Fix Containers

1 Red, 1 Yellow, 1 Orange, 1 tsp oils, 1 Green,  
1/2 Purple

# Buffalo Chicken Wraps

## Ingredients

1 yellow worth of wraps

A Chicken Breast

Frank's Red Hot Cayenne Pepper Sauce (Be sure you're getting that and not the kind that says "Wings" because that one's not a free food. Or you could get any sauce you want if it's approved in the book)

Cheese (I used Horizon Organic Shredded Cheddar)

## Directions

Cook the chicken breast.

Shred or cut it up and pour on the buffalo sauce and mix!

Put it on your wrap(s).

Add cheese.

\*Optional\* wrap that junk up and put it on the panini / George Foreman / pan and melt the cheese and make the shell toasty



## 21 Day Fix Containers

1 Red, 1 Yellow, 1 Blue



# Dessert



You'll find that this easy and delicious 21 Day Fix-approved dessert recipes gives you access to a little welcome sweetness, without breaking your diet rules.

# Peanut Butter Cups

It's designed to mimic the taste and texture of commercial peanut butter cups, while still following 21 Day Fix rules! Suffice it to say that these yummy and satisfying “peanut butter cups” taste incredible, so they are perfect indulgences. I've used **IdealShake powder**.

## Ingredients

coconut oil (you'll need four teaspoons)  
1 scoop of IdealShake® Meal Replacement Shake (Chocolate) powder.  
4 tsp of all-natural peanut butter.

## Directions

In order to prepare this yummy dessert indulgence, you'll need to put two tablespoons of the oil into a microwave-safe dish. Nuke it for thirty seconds until it's in liquid form. Next, add four tablespoons of the drink mix and combine with the oil until properly mixed. Then, divvy up the batter between eight mini-muffin tray spaces. Next, freeze your dessert for just five minutes. At this stage, you'll need to take the muffin tray out of your freezer. After you do this, put ½ a teaspoon on every chocolate disk. Then, spread the all-natural peanut butter over the solid chocolate, using a bread knife. Lastly, melt the rest of the oil in the microwave. Then, mix in the rest of the meal replacement shake. Pour this over the first layers of the dessert. Then, freeze for half an hour.

This dessert will take a little time to prepare. However, it will make your kitchen smell heavenly and creating this dessert should be a lot of fun.



## 21 Day Fix Containers

1 Red, 4 tsp



# Frozen Banana Bites

If you're looking for recipes which will allow you to enjoy variety and nutrition while you do the 21 Day Fix diet and fitness program, you'll love this easy dessert recipe. After all, almost everyone has a sweet tooth and this Frozen Banana Bites dessert will help you to enjoy something sweet, without short-circuiting your weight loss goals.

## Ingredients

1 Banana

1 Natural Peanut Butter

## Directions

First, you'll need to slice a banana thickly. One banana should be enough if you're making a snack just for yourself. Make half-inch slices and then top them with all-natural peanut butter or another type of diet-approved nut butter. Some people try hazelnut butter instead for a more delicate flavor. Once you've spread the nut butter on the banana slices, top with other banana slices and then freeze. Once they are set, they make a quick and convenient snack which has lots of potassium and protein.

These banana slices will help you to ward off cravings, as bananas are quite filling. In addition, they will give you the energy that you need in order to power through your workouts.

You deserve exceptional desserts, meals and snacks. Luckily, this workout program is flexible enough to give you plenty of options.



## 21 Day Fix Containers

1 Purple, 1 tsp



# Baked Apples

---

Perfect for after supper, after a workout or even for breakfast, this nutritious recipe will give you access to vitamins and natural fiber. As well, it will help you to feel full for longer. Fiber is filling so it contributes to feelings of satiety and this means that it's easier to stay away from forbidden foods.

## Ingredients

1 Apple  
nutmeg, cinnamon, coconut

## Directions

To prepare this recipe, you'll need one apple. A Gala apple will work well for this dessert dish.

So, take your apple, wash it, core it and then place it in a glass bowl. After you do this, add three butter sprays and then sprinkle on a little bit of spice – a pinch of nutmeg and cinnamon will work well, but you can vary this if you want to.

Some people add a bit of coconut for extra sweetness and texture.


Then, microwave your apple for about three and a half minutes. You'll enjoy old-fashioned taste without the old-fashioned fat and calories, and this quick dessert is just so natural, healthy and easy to make.



## 21 Day Fix Containers

1 Purple

# Shakeology Alternatives

A close-up photograph of a Starbucks-style iced coffee drink. The drink is in a clear plastic cup with a white lid and a green straw. The coffee is a light brown color, and there is a layer of white foam on top. The background is blurred, showing a white paper cup and a pink object.

Shakeology is very popular meal replacement shake but also very expensive. Don't worry though, cheaper and effective alternatives are here.

6 Shakes Recipes to replace one of your meals.

## Section 1

# Top 3 Shakeology Alternatives

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Meal replacement shakes are powdered drinks that replace one or some of your main meals and contain less calories than a full meal while still delivering all the nutrients, vitamins and energy your body needs. Meal replacement shakes reduce your calorie intake and help you lose weight.

(Learn more about how to lose weight with Meal replacement Shakes [here](#))

If you are seriously committed to creating your very own “counterfeit” shakes built on the back of everything that Shakeology brings to the table, you’re going to need to start off with a top quality protein powder or you may as well not even waste your time.

The protein powder that you choose to act as the foundation of your new shakes is going to be the backbone of your meal replacement solutions, and is going to be the “magic powder” that makes your weight loss transformation a reality.

This all leads to the kind of super shake you’ve been looking for!





## IdealShake® Meal Replacement Shake (Chocolate)

Containing 30 servings, 30 grams per scoop, IdealShake has a sweet chocolate flavor, from cocoa powder, with only 1 gram of sugar per shake (perfect for diabetics also).

Contains no trans fat and includes healthy fats like Sunflower Oil Creamer, with only 3 grams of total fat per serving.

Packed with Vitamins A, D and low on Sodium, great for reducing the water retention which is perfect for a weight loss diet.

Per serving, there are 11 grams of whey protein isolate.

Patent formula includes Slendesta (an all-natural vegetable protein from potatoes), as a natural appetite blocker to reduce cravings.

Available at [official site](#).



# ViSalus VI-Shape Nutritional Meal Replacement Shake

Have you ever wished that cake would be healthy for you?

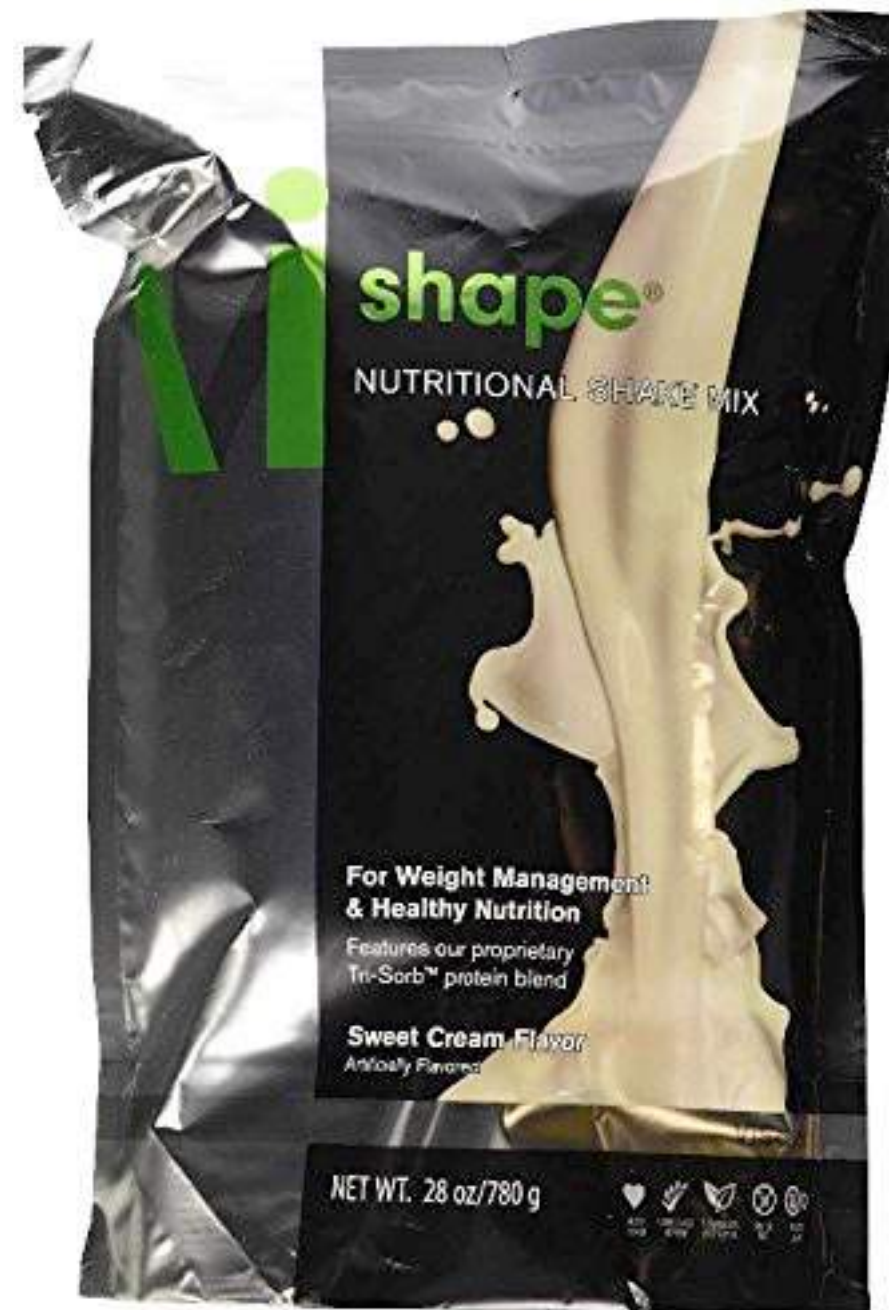
Well that day has come!

ViSalus VI-Shape (Sweet Cream Flavor) is a Non-GMO meal replacement shake that tastes like cake mix. This shake provides a unique blend of proteins that work quickly, provide long-lasting nutrition to help you burn fat, and build lean muscle.

In addition, it contains Fibersol, a new patented fiber blend that helps keep you feeling full and provide benefits of fiber without causing gas. Averaging 4.4 out of 5 stars on Amazon, customers have raved about the weight loss they experience using VI-Shape.

How much does it cost, you ask? Only \$41.87 for 1 bag that provides 30 servings. Sounds like a better deal than Shakeology to me.

Available on [Amazon.com](https://www.amazon.com)



# Garden of Life RAW Organic Meal

In an effort to get healthier, many people are turning vegan. Regardless if you're vegan or a carnivore for life, Garden of Life meal replacement powder is worth your hard-earned money.

This Non-GMO product is certified USDA Organic and contains no dairy nor gluten. Garden of Life provides 20 grams of raw, organic plant-based protein per serving and contains probiotics & enzymes that thoroughly cleanse your digestive system. Averaging 4 stars on Amazon, the people have spoken:

This meal replacement is legit. The cost? Only \$36.90 for 28 servings. Another alternative shake that “shakes” Shakeology's price while providing similar health benefits.

On stock on [Amazon.com](https://www.amazon.com) .





# Sweet Cream Blueberry Avocado

---

I could not leave you without a recipe for a scrumptious meal replacement shake! In this shake, I added 2 superfoods, blueberries and avocado.

## Ingredients

1 scoop of ViSalus VI-Shape Nutritional Meal Replacement Shake - [my review here](#)

Small piece of avocado—about 1/5 of a large avocado or 1/4 of a small one

1 cup frozen organic blueberries

Juice of half a lime

1 cup coconut water, or 1/2 cup filtered water and 1/2 cup unsweetened almond milk

1 tsp. raw honey

4 ice cubes

## Directions

Add ingredients in a blender, I use [Ninja Professional Blender](#), and blend for 30 seconds or until smooth.



**21 Day Fix Containers**

1 Red; 1 Purple

# Coffee Shake

---

I love to have my coffee in the morning, so why not have my breakfast together with my coffee? The **IdealShake** has a chocolate flavor that goes perfectly with the coffee taste.

### Ingredients

1 scoop of **IdealShake®** Meal Replacement Shake, [review here](#)

1/2 tsp Almond Extract

1 cup cold coffee

### Directions

To sweeten this shake a little bit, I usually add half teaspoon of Almond Extract. Adjust to suit your taste but for one serving half tsp is usually enough. One of the reasons why people prefer Almond Extract over Vanilla Extract is you have to add less to sweeten thus it is less expensive.

Regarding the coffee, prepare the coffee as you usually would put it in the fridge to get cold. Do not add the hot coffee to the shake powder as it may change its properties.

Add all the ingredients to the blender, let it blend for 30 seconds and it's ready. The blender I use at [amazon.com](#)



**21 Day Fix Containers**

1 Red

# Morning Berries

---

Besides coffee, I love to have fruit in the morning. In the morning, you wake up with an stomach empty and, based on my experience, I prefer to start the day with fruit or vegetables instead of processed food like bread, pancakes, eggs, etc. I'm a berry lover and love this morning shake! If you have the chance to buy fresh and local strawberries and blueberries then that's perfect but, if not, you can use frozen too.

### Ingredients

1 scoop of **Vega One All in One Nutritional Shake**

1 cup water

1 cup strawberries

1/2 cup blueberries

### Directions

Add all the ingredients and let it blend!



**21 Day Fix Containers**

1 Red, 1 Purple



# Ginger fighter

---

Ginger is one of the most powerful natural medicines. It has, scientifically, demonstrated several medicinal benefits, but based on my personal experience, the best benefit is how it strengthens your immunological system. When you feel that your body defenses are low, ginger can help you to power-up your immune system and fight off infections. Let's start our day with this Ginger fighter shake to strengthen your body's defenses !

### Ingredients

1 scoop of **RAW Organic Meal Vanilla**, [my review here](#)  
1 cup Almond Milk  
1 tsp ground ginger or 1/2 tsp of peeled and minced fresh ginger

### Directions

I prefer to use fresh ginger as you can easily buy it in most groceries stores. You have to peel and mince it – use a garlic crusher for ease. If you enjoy the ginger taste you can make it stronger by adding 1 teaspoon instead of the directed half.

If you are not used to ginger, give it a try. In the beginning it may taste too spicy and peppery, but slowly you'll get used to it and enjoy its lemony sweet, pungent taste.



**21 Day Fix Containers**

1 Red,

# Banana and Pineapple

---

Fuel your morning with a powerful energizer, banana. Bananas are high in sugar so let's use only half banana to maximize weight loss (contains approx. 5g of sugar). Bananas, like other fruits (Avocado, Mango) are high in potassium.

## Ingredients

1 scoop of **Vega One All in One Nutritional Shake**

1/2 Banana

1/2 cup pineapple juice

1/2 cup water

## Directions

Add all the ingredients to the blender, **I use this model**, and let it roll for 30 seconds.



**21 Day Fix Containers**

1 Red, 1 Purple

# Yogurt Morning

---

Weekends, on those warm mornings, an ice cream is a very nice if naughty way to start your day. Although typical, most ice creams contain high levels of sugar and dairy. Instead, let's use Frozen Yogurt low in sugar with a vanilla flavor that goes perfectly with our chocolate flavor **meal replacement shake powder from IdealShake**.

### Ingredients

1 scoop of **IdealShake® Meal Replacement Shake**

1 scoop of low sugar vanilla Frozen Yogurt

1/2 cup water

2 Ice cubes

### Directions

Put all the ingredients in the blender and blend until smooth. If you don't have a powerful blender,

I use **Ninja Professional Blender**, you may need to break the ice cubes before you add them. Let it blend for 1 minute and its yogurt frozen time!



**21 Day Fix Containers**

1 Red, 1 Blue