

Prepare to be Obsessed

Portion Fix meal Plan



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Breakfast	2 Eggs, Whole Grain Waffle w/ PB & Fruit ■ ■ ■ T ■	2 Eggs, Whole Grain Waffle w/ PB & Fruit ■ ■ ■ T ■	Fixate Egg Cups w/ Fruit ■ ■ ■	Fixate Egg Cups w/ Fruit ■ ■ ■	2 Eggs, (1) Whole Grain Waffle w/ PB & Strawberries ■ ■ ■ T	Fixate Egg Cups w/ Fruit ■ ■ ■	Fixate Egg Cups w/ Fruit ■ ■ ■
Lunch	Egg Roll in a Bowl ■ ■ ■ ■ T	(Left Over) Grilled Chimichurri Chicken Salad No Avocado ■ ■ ■ ■ T	Egg Roll in a Bowl ■ ■ ■ ■ T	(Left Over) Instant Pot Chicken Burrito Bowl ■ ■ ■ ■ 1/2 ■	Egg Roll in a Bowl ■ ■ ■ ■ T	(Left Over) Instant Pot Chicken Burrito Bowl ■ ■ ■ ■ 1/2 ■	Egg Roll in a Bowl ■ ■ ■ ■ T
Dinner	Grilled Chimichurri Chicken Salad ■ ■ ■ ■ ■ T	Mexican Cauliflower Rice Skillet ■ ■ ■ ■	Instant Pot Chicken Burrito Bowl ■ ■ ■ ■ ■ T	Steak with Cauliflower Risotto ■ ■ ■ ■ 1/2 ■ T	Philly Cheesesteak Quesadillas ■ ■ ■ ■ ■	Instant Pot Beef & Broccoli ■ ■ ■ ■	Grilled Chicken w/ Mac & Cheese ■ ■ ■ ■ ■ ■
Snack	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit, Flax Seed & Spinach ■ ■ ■ ■ ■	Shakeology with Fruit, Flax Seed & Spinach ■ ■ ■ ■ ■	Shakeology with Fruit, Flax Seed & Spinach ■ ■ ■ ■ ■	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit, Flax Seed & Spinach ■ ■ ■ ■ ■

