



Healthy Balance
with Lisa Schumacher

21 Day Fix Tracking Sheet



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Fruit

Fruit

Veggies

Veggies

Fruit

Fruit

Veggies

Veggies

Protein

Protein

Veggies

Veggies

Healthy Fats:
-Nuts
-Hummus
-Cheese
-Avocado

Protein

Protein

Carbs

Carbs



Healthy Fats:
-Dressing
-Seeds

Protein

Protein

Carbs


Carbs



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21 Day Fix Shopping List

Fruits	<hr/> <hr/> <hr/> <hr/>	Veggies	<hr/> <hr/> <hr/> <hr/>
Protein	<hr/> <hr/> <hr/> <hr/>	Carbs	<hr/> <hr/> <hr/> <hr/>
Fats: Nuts, hummus, cheese, avocado	<hr/> <hr/> <hr/> <hr/>	Fats: Dressings, Seeds	<hr/> <hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>		



21 Day Fix Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

Directions: Write the starting date for the week at the top of your planner. Fill in your daily meals, then check off which containers you used for that meal.

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