

COMPLETE 7-DAY MEAL PLAN

A

Daily Container Count (1,200–1,499 calories)

4

2
























































































































4

2

1

1

3 

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	FIXATE Breakfast Sausage • sautéed asparagus • steel-cut oats • nut butter or coconut oil • cinnamon 1  1  1  1 	Scrambled eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • sautéed asparagus • olive oil 1  1  1  1 	FIXATE Breakfast Sausage • sautéed asparagus • steel-cut oats • nut butter or coconut oil • cinnamon 1  1  1  1 	Scrambled eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • sautéed asparagus • olive oil 1  1  1  1 	FIXATE Breakfast Sausage • sautéed asparagus • steel-cut oats • nut butter or coconut oil • cinnamon 1  1  1  1 	Scrambled eggs • spinach • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • butter 1  1  1  1 	FIXATE Breakfast Sausage • sautéed asparagus • steel-cut oats • nut butter or coconut oil • cinnamon 1  1  1  1 
MEAL 2	Shakeology • frozen fruit • unsweetened almond or coconut milk beverage 1  1  1 	Fruit 1 	Fruit 1 	Fruit 1 	Fruit 1 	Fruit 1 	Fruit 1 
MEAL 3	Sliced bell peppers • hummus 1  1 	FIXATE Mexican Taco Meat • refried beans • sautéed green bell peppers (½ Green) 1  1  1  1 	Spinach (½ Green) • kale (½ Green) • brown or wild rice • hard-boiled eggs • olive oil • lemon juice • salt and pepper 1  1  1  1 	Quinoa or other whole-grain pasta • olive oil (½ tsp.) • ground beef • FIXATE Grandma's Tomato Sauce (2 Tbsp.) 1  1  1  1 	FIXATE No Fuss Fish and Veggies (double the amount of veggies) • brown or wild rice 1  1  1  1 	FIXATE No Fuss Fish and Veggies (double the amount of veggies) • brown or wild rice 1  1  1  1 	Spinach • brown or wild rice • tuna (canned) • mayonnaise • lemon juice • salt and pepper 1  1  1  1 
MEAL 4	Kale • grilled chicken • FIXATE Lemon Dijon Salad Dressing 1  1  1 	Shakeology • frozen fruit • unsweetened almond or coconut milk beverage 1  1  1 	Shakeology • frozen fruit • unsweetened almond or coconut milk beverage 1  1  1 	Shakeology • frozen fruit • nut butter • water 1  1  1 	Shakeology • frozen fruit • unsweetened almond or coconut milk beverage 1  1  1 	Shakeology • frozen fruit • unsweetened almond or coconut milk beverage 1  1  1 	Shakeology • frozen fruit • unsweetened almond or coconut milk beverage 1  1  1 
MEAL 5	Fruit 1 	Veggies • guacamole 1  1 	Veggies • hummus 1  1 	Veggies • guacamole 1  1 	Sautéed broccoli • melted cheese 1  1 	Veggies • guacamole 1  1 	Veggies • hummus 1  1 
MEAL 6	Quinoa or other whole-grain pasta • olive oil (½ tsp.) • ground beef • FIXATE Grandma's Tomato Sauce (2 Tbsp.) • garlic powder • salt and pepper 1  1  1  1 	Spinach • ground beef • FIXATE Lemon Dijon Salad Dressing 1  1  1 	Grilled salmon • spinach (½ Green) • kale (½ Green) • FIXATE dressing 1  1  1 	FIXATE Must-Have Meatloaf • asparagus • FIXATE Lemon Dijon Salad Dressing 1  1  1 	Chicken skewers: chicken • bell peppers • olives • garlic powder • salt and pepper 1  1  1 	Grilled chicken • bell peppers • FIXATE dressing 1  1  1 	Grilled salmon • spinach (½ Green) • kale (½ Green) • FIXATE dressing 1  1  1 
NOTES	Meal 1: Sauté asparagus with olive oil spray. Meal 6: Dust skillet with olive oil spray. Sauté ¾ pound of ground beef, season with garlic powder, sprinkle with salt and black pepper. Toss pasta with olive oil, cooked ground beef, and FIXATE Grandma's Tomato Sauce. Store leftover ground beef for later in the week in an airtight container in the refrigerator.	Meal 3: Sauté bell peppers with olive oil spray. Leftover servings of FIXATE Mexican Taco Meat can be stored in an airtight container in the freezer for up to 6 months. Store any leftover refried beans in an airtight container in the freezer.	Meal 1: Sauté asparagus in olive oil spray. Meal 6: Grill salmon using olive oil spray.	Meal 3: Toss pasta with olive oil, precooked ground beef, and FIXATE Grandma's Tomato Sauce. Meal 6: Store leftover FIXATE Must-Have Meatloaf in an airtight container in the refrigerator for up to 4 days, or in the freezer for up to 3 months.	Meals 1: Sauté asparagus in olive oil spray. Meal 3: Make enough of the FIXATE No Fuss Fish and Veggies recipe to enjoy for tomorrow's lunch. Just store it in an airtight container in the refrigerator overnight. Meal 5: Sauté broccoli in olive oil spray. Meal 6: Place chicken, bell peppers, and olives on skewers. Dust with olive oil spray. Sprinkle with garlic powder, salt, and pepper. Grill until chicken is cooked through.	Meal 1: Scramble eggs and spinach together using olive oil spray. Meal 6: Grill chicken using olive oil spray.	Meal 1: Sauté asparagus in olive oil spray. Meal 6: Grill salmon using olive oil spray.

FIXATE recipes can be found at BeachbodyOnDemand.com or in the FIXATE Vol. 2 cookbook.