**MEAL PLANNING Checklist for 21-Day Fix**

* Read the 21 Day Fix Eating Plan book from cover to cover.  It will help explain the container counts and how to tally your foods
* Figure out your calorie level (page 4 of the 21-Day Fix Eating Plan book)
* Think of things you can cook ahead of time to either freezer, containerize, or eat later. Mason Jar Salads, Mason Jar Overnight Oatmeal and containers or baggies with fresh fruits and veggies to go as well as snack pack peanut butter, hummus or plain Greek yogurt with scallions and garlic powder for a quick dip are great for snacks.
* Create your menu plan based on healthy foods you enjoy.  There are dozens of websites that have ideas. Check out my **21 Day Fix folder on Pinterest**, I have pinned a number of menus. You can also check out <http://www.zialinda.com/joy-in-the-journey/> for additional recipes and helpful information. Beachbody also has a wonderful site that has great recipes <http://www.beachbody.com/beachbodyblog/category/nutrition/recipes>.
* Create your shopping list. You can find a full list of fix approved items on my website go to this link and click on the word document CONTAINER CONTENTS <http://www.zialinda.com/joy-in-the-journey/21-day-fix/>. Go through this list and find the foods that you like and make your shopping list from there. I have also pinned some great information from other sites so check out my **21 Day Fix folder on Pinterest.**
* Containers and Mason Jars. I love mason jars for making overnight oatmeal and salads. Square stacking containers are also great and can be used to prepare multiple meals at once.
* In the event your containers are in the dishwasher or when you have been on the program for a while you can judge the size. Just in case these are the approximate sizes of the containers.
* **Green – 1 C. (8 oz.)**
* **Purple – 1 C. (8 oz.)**
* **Red – 2/3 C. (5 oz.)**
* **Yellow – 1/2 C. (4 oz.)**
* **Blue – 1/4 C. (2 oz.)**
* **Orange – 2 Tbsp. (1 oz.)**
* Get your 21-Day Fix snacks ready.  Corresponding colored baggies can be found at Target and Walmart. But you don’t need these, any baggie, or small plastic container will do.
* On a budget?  This website has some great suggestions either click on this link <http://www.beachreadynow.com/workouts/how-to-save-money-on-21-day-fix-foods/> or go to my **21 Day Fix folder on Pinterest.**