

80 Day Obsession Week One Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 4 - Post-Workout Meal (6:30am)	Shake powder, Spinach, Cinnamon, & Cashew Milk (Red, Green, 1 Teaspoon)	Shake powder, Spinach, Cinnamon, & Cashew Milk (Red, Green, 1 Teaspoon)	Shake powder, Spinach, Cinnamon, & Cashew Milk (Red, 1/2 Green, 1 Teaspoon)	Shake powder, Spinach, Cinnamon, & Cashew Milk (Red, Green, 1 Teaspoon)	Shake powder, Spinach, Cinnamon, & Cashew Milk (Red, 1/2 Green, 1 Teaspoon)	Shake powder, Spinach, Cinnamon, & Cashew Milk (Red, Green, 1 Teaspoon)	Shake powder, Spinach, Cinnamon, & Cashew Milk (Red, 1/2 Green, 1 Teaspoon)
Meal 2- (8:30am)	Pumpkin Spice Overnight Oats, (1/2 Yellow, Orange, 1/4 Green, Teaspoon) Chopped Veggies, Roasted Potatoes, Apple (3/4 Green, 1/2 Yellow, Purple)	Bell Peppers or baby carrots, Oatmeal cinnamon, chopped fruit, Butter (Green, Yellow, Purple, Teaspoon)	Pumpkin Spice Overnight Oats, (1/2 Yellow, Orange, 1/4 Green, Teaspoon) Chopped Veggies, Roasted Potatoes, Apple (3/4 Green, 1/2 Yellow, Purple)	Bell Peppers or baby carrots, Oatmeal cinnamon, chopped fruit, Butter (Green, Yellow, Purple, Teaspoon)	Pumpkin Spice Overnight Oats, (1/2 Yellow, Orange, 1/4 Green, Teaspoon) Chopped Veggies, Roasted Potatoes, Apple (3/4 Green, 1/2 Yellow, Purple)	Bell Peppers or baby carrots, Oatmeal cinnamon, chopped fruit, Butter (Green, Yellow, Purple, Teaspoon)	Pumpkin Spice Overnight Oats, (1/2 Yellow, Orange, 1/4 Green, Teaspoon) Chopped Veggies, Roasted Potatoes, Apple (3/4 Green, 1/2 Yellow, Purple)
Meal 3 - Pre-Workout Meal (11:30am)	Herring in a dressing, Roasted Potatoes, Carrots (Yellow, Green, Red, Orange)	Egg, Sauteed onions, homemade salsa, bell peppers, mushrooms, roasted Potato Bowl (Green, Red, Yellow)	Egg Roll in a Bowl (1.5 Green, Red, Yellow, 1/2 Orange)	Egg, Sauteed onions, homemade salsa, bell peppers, mushrooms, roasted Potato Bowl (Green, Red, Yellow)	Egg Roll in a Bowl (1.5 Green, Red, Yellow, 1/2 Orange)	Egg, Sauteed onions, homemade salsa, bell peppers, mushrooms, roasted Potato Bowl (Green, Red, Yellow)	Egg Roll in a Bowl (1.5 Green, Red, Yellow, 1/2 Orange)
Meal 1-(1:30pm)	French Toast Scramble, small banana, 2 eggs, vanilla extract, cinnamon, and Peanut Butter) (Purple, Red, 2 Teaspoon)	Eggs, Cheese, Apple, Peanut Butter (Red, 1/2 Blue, Purple, 2 Teaspoon)	French Toast Scramble, banana, 2 eggs, vanilla extract, cinnamon, and Peanut Butter) (Purple, Red, 2 Teaspoon)	Eggs, Cheese, Apple, Peanut Butter (Red, 1/2 Blue, Purple, 2 Teaspoon)	French Toast Scramble, banana, 2 eggs, vanilla extract, cinnamon, and Peanut Butter) (Purple, Red, 2 Teaspoon)	Eggs, Cheese, Apple, Peanut Butter (Red, 1/2 Blue, Purple, 2 Teaspoon)	French Toast Scramble, banana, 2 eggs, vanilla extract, cinnamon, and Peanut Butter) (Purple, Red, 2 Teaspoon)
Meal 5-(5:00pm)	Pork Tenderloin, Mashed Potatoes, Roasted Broccoli Parmesan(Red, Green, 1/2 Blue, Yellow)	Frickadelin, Roasted Sweet Potato, Side Salad Vinegar Dressing(Red, Yellow, Green, Orange)	Pork Tenderloin, Mashed Potatoes, Roasted Broccoli Parmesan(Red, Green, 1/2 Blue, Yellow)	Frickadelin, Roasted Sweet Potato, Side Salad Vinegar Dressing(Red, Yellow, Green, Orange)	Pork Tenderloin, Mashed Potatoes, Roasted Broccoli Parmesan(Red, Green, 1/2 Blue, Yellow)	Frickadelin, Roasted Sweet Potato, Side Salad Vinegar Dressing(Red, Yellow, Green, Orange)	Pork Tenderloin, Mashed Potatoes, Roasted Broccoli Parmesan(Red, Green, 1/2 Blue, Yellow)
Meal 6-(7:00pm)	Fruit, Cashews(Purple, 1/2 Blue)	Fruit, Peanuts (Purple, 1/2 Blue)	Fruit, Peanuts (Purple, 1/2 Blue)	Fruit, Peanuts (Purple, 1/2 Blue)	Fruit, Peanuts (Purple, 1/2 Blue)	Fruit, Peanuts (Purple, 1/2 Blue)	Fruit, Peanuts (Purple, 1/2 Blue)

\*\*\*Based on Plan B Containers - 4 Greens, 3 Purples, 4 Reds, 3 Yellows, 1 Blue, 1 Orange, 4 Teaspoons Daily\*\*\*