

80 Day Obsession Week One Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1 - 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, Green, 1 Teaspoon)	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, Green, 1 Teaspoon)	Shake powder, Spinach, Cinnamon, & Cashew Milk (Red, 1/2 Green, 1 Teaspoon)
Meal 2- (8:30am)	Chocolate Oatmeal, Chopped Veggies, and Apple(Green, Yellow, Purple, 2T)	Bell Pepper and Cucmber, Hummus, Pear (Green, Yellow, 1/2 Purple)	Chocolate Oatmeal, Chopped Veggies, and Apple(Green, Yellow, Purple, 2T)	Bell Pepper and Cucmber, Hummus, Pear (Green, Yellow, 1/2 Purple)	Quinoa with lettuce, cucumber, tomato, berries, and dressing(Green, Yellow, Purple, Orange)	Bell Pepper and Cucmber, Hummus, Pear (Green, Yellow, 1/2 Purple)	Quinoa with lettuce, cucumber, tomato, berries, and dressing(Green, Yellow, Purple, Orange)
Meal 3 - Pre-Workout Meal (11:30am)	Egg, Spinach, Cheese, Roasted Potatoes (Green, Red, Yellow, 1/2 Blue)	Chicken Salad in whole wheat wrap with carrots (Green, Red, Yellow, 1/2 Purple)	Egg, Spinach, Cheese, Roasted Potatoes (Green, Red, Yellow, 1/2 Blue)	Chicken Salad in whole wheat wrap with carrots (Green, Red, Yellow, 1/2 Purple)	Egg, Spinach, Cheese, Roasted Potatoes (Green, Red, Yellow, 1/2 Blue)	Chicken Salad in whole wheat wrap with carrots (Green, Red, Yellow, 1/2 Purple)	Egg, Spinach, Cheese, Roasted Potatoes (Green, Red, Yellow, 1/2 Blue)
Meal 4-(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, 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, 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, small banana, 2 eggs, vanilla extract, cinnamon, and Peanut Butter) (Purple, Red, 2 Teaspoon)
Meal 5-(5:00pm)	Whole Wheat Pasta, Meat Balls, Spaghetti Sauce, and Broccoli (Red, Yellow, Green)	Paleo Chicken Fajitas with whole wheat Tortilla & Cheese (Red, Yellow, Green, 1/2 Blue)	Turkey Zucchini Boats w/ Roasted Potatoes (Green, Red, Yellow, 1/2 Blue)	Paleo Chicken Fajitas with whole wheat Tortilla & Cheese (Red, Yellow, Green, 1/2 Blue)	Turkey Zucchini Boats w/ Roasted Potatoes (Green, Red, Yellow, 1/2 Blue)	Paleo Chicken Fajitas with whole wheat Tortilla & Cheese (Red, Yellow, Green, 1/2 Blue)	Turkey Zucchini Boats w/ Roasted Potatoes (Green, Red, Yellow, 1/2 Blue)
Meal 6-(7:00pm)	Fruit, Cashews(Purple, 1/2 Blue)	Fruit (Purple)	Fruit (Purple)	Fruit (Purple)	Fruit (Purple)	Fruit (Purple)	Fruit (Purple)

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