

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)	Egg, Spinach, Roasted Potatoes, Apple, Peanut Butter(Green, Yellow, Red, Purple, 2T)	Chicken Salad in whole wheat wrap with carrots (Green, Red, Yellow, 1/2 Purple)	Egg, Spinach, Roasted Potatoes, Apple, Peanut Butter(Green, Yellow, Red, Purple, 2T)	Chicken Salad in whole wheat wrap with carrots (Green, Red, Yellow, 1/2 Purple)	Egg, Spinach, Roasted Potatoes, Apple, Peanut Butter(Green, Yellow, Red, Purple, 2T)	Chicken Salad in whole wheat wrap with carrots (Green, Red, Yellow, 1/2 Purple)	Egg, Spinach, Roasted Potatoes, Apple, Peanut Butter(Green, Yellow, Red, Purple, 2T)
Meal 3 - Pre-Workout Meal (11:30am)	Roasted Zucchini/Squash, Roasted Sweet Potato, Summer Sausage (Green, Red, Yellow, 1/2 Blue)	Sweet Potato Chili (Green, Red, Yellow)	Roasted Zucchini/Squash, Roasted Sweet Potato, Summer Sausage (Green, Red, Yellow, 1/2 Blue)	Sweet Potato Chili (Green, Red, Yellow)	Roasted Zucchini/Squash, Roasted Sweet Potato, Summer Sausage (Green, Red, Yellow, 1/2 Blue)	Sweet Potato Chili (Green, Red, Yellow)	Roasted Zucchini/Squash, Roasted Sweet Potato, Summer Sausage (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)	Bratwurst, Sweet Potato Fries, and Roasted Broccoli (Red, Yellow, Green)	Pizza(chicken, tomato sauce, tomatoes, onion), cheese, whole wheat flat bread (Red, Yellow, Green, Blue)	Bratwurst, Sweet Potato Fries, and Roasted Broccoli (Red, Yellow, Green)	Rotisserie Chicken, Lettuce, Cucumber, corn, Onions, Dressing (Red, Yellow, Green, Orange)	Bratwurst, Sweet Potato Fries, and Roasted Broccoli (Red, Yellow, Green)	Rotisserie Chicken, Lettuce, Cucumber, corn, Onions, Dressing (Red, Yellow, Green, Orange)	Bratwurst, Sweet Potato Fries, and Roasted Broccoli (Red, Yellow, Green)
Meal 6-(7:00pm)	Fruit, Cashews(Purple, 1/2 Blue)	Fruit (1/2 Purple)	Fruit, Cashews(Purple, 1/2 Blue)	Fruit, Cashews(1/2 Purple, 1/2 Blue)	Fruit, Cashews(Purple, 1/2 Blue)	Fruit, Cashews(1/2 Purple, 1/2 Blue)	Fruit, Cashews(Purple, 1/2 Blue)

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