80 Day Obsession Meal Plan - B

Green	Purple	Red	Yellow	Blue	Orange	Tsp
4	3	4	3	1	1	4

Workout Block																
	Pre-workout Meal: Breakfast Burrito		Pre-workout Meal: Breakfast Burrito		Pre-workout Meal: Breakfast Burrito		Pre-workout Meal: Breakfast Burrito		Pre-workout Meal: Breakfast Burrito		Morning Meal: Muffins		Morning Meal: Muffins	
60 - 90 minutes	G	Spinach/Mushrooms	G	Spinach/Mushrooms	G	Spinach/Mushrooms	G	Spinach/Mushrooms	G	Spinach/Mushrooms	G	Spinach/Mushrooms	G	Spinach/Mushrooms
before	R	2 Eggs	R	2 Eggs	R	2 Eggs	R	2 Eggs	R	2 Eggs	R	1 Egg/2 Slices of Bacon	R	1 Egg/2 Slices of Bacon
	Y	1 Tortilla	Y	1 Tortilla	Y	1 Tortilla	Y	1 Tortilla	Y	1 Tortilla	Y	Oatmeal	Y	Oatmeal
	Tsp	Olive Oil	Tsp	Olive Oil	Tsp	Olive Oil	Tsp	Olive Oil	Tsp	Olive Oil	Tsp	Peanut Butter	Tsp	Peanut Butter
											1/2 P	Banana/Blueberries	1/2 P	Banana/Blueberries
20 - 30 min		Beachbody Energize		Beachbody Energize		Beachbody Energize		Beachbody Energize		Beachbody Energize				
w/in 30 min	P	1/2 Banana	P	1/2 Banana	P	1/2 Banana	P	1/2 Banana	P	1/2 Banana				
		Beachbody Recover		Beachbody Recover		Beachbody Recover		Beachbody Recover		Beachbody Recover				
	Post-workout Meal: Tuna Sandwich		Post-workout Meal: Turkey Wrap		Post-workout Meal: Turkey Wrap		Post-workout Meal: Burrito Bowl		Post-workout Meal: Burrito Bowl		Afternoon Meal: Tuna		Afternoon Meal: Turkey	
1 - 2 hrs	G	Tomato	G	Cucumber & Tomato	G	Cucumber & Tomato	G	Tomato, Onion, Peppers	G	Tomato, Onion, Peppers	G	Tomato	G	Cucumber & Tomato
after	R	Tuna	R	3 Turkey Slices/2 Bacons	R	3 Turkey Slices/2 Bacons	R	Chicken	R	Chicken	R	Tuna	R	3 Turkey Slices/2 Bacons
	Y	1 Slice Bread	Y	1 Tortilla	Y	1 Tortilla	Y	Brown Rice/Black Beans	Y	Brown Rice/Black Beans	Y	1 Slice Bread	Y	1 Tortilla
	Tsp	Mayo	Tsp	Pesto	Tsp	Pesto	Tsp	Olive Oil	Tsp	Olive Oil	Tsp	Mayo	Tsp	Pesto
Every 2 - 3 hours	Meal 1: Shake		Meal 1: Shake		Meal 1: Shake		Meal 1: Shake		Meal 1: Shake		Meal 1: Shake		Meal 1: Shake	
	P	Frozen Fruit	P	Frozen Fruit	P	Frozen Fruit	P	Frozen Fruit	P	Frozen Fruit	P	Frozen Fruit	P	Frozen Fruit
	R	Shakeology	R	Shakeology	R	Shakeology	R	Shakeology	R	Shakeology	R	Shakeology	R	Shakeology
	Tsp	Almond Milk	Tsp	Almond Milk	Tsp	Almond Milk	Tsp	Almond Milk	Tsp	Almond Milk	Tsp	Almond Milk	Tsp	Almond Milk
											Tsp	Almond Butter	Tsp	Almond Butter
	Meal 2:		Meal 2:		Meal 2:		Meal 2:		Meal 2:		Meal 2:		Meal 2:	
	G	Eggplant Fries	G	Eggplant Fries	G	Carrots	G	Carrots	G	Carrots	G	Cucumbers, Onions, Toms	G	Cucumbers, Onions, Toms
	P	Grapes	P	Grapes	P	Apple	P	Apple	P	Grapes	P	Grapes	P	Grapes
	B	Hummus	B	Hummus	O	Sunflower Seeds	O	Sunflower Seeds	B	Guac	B	Feta Cheese	B	Feta Cheese
											O	Kalamata Olives	O	Kalamata Olives
	Meal 3: Meatloaf		Meal 3: Meatloaf		Meal 3: Chicken Stuffed Peppers		Meal 3: Chicken Stuffed Peppers		Meal 3: Baked Fish		Meal 3: Slow Cooker Chicken Tacos		Meal 3: Slow Cooker Chicken Tacos	
	G	Green Beans	G	Green Beans	G	Bell Peppers	G	Bell Peppers	G	Asparagus	G	Peppers/Onions	G	Peppers/Onions
	R	Meatloaf	R	Meatloaf	R	Chicken	R	Chicken	R	Fish	R	Chicken	R	Chicken
	Y	Mashed Potatoes	Y	Mashed Potatoes	Y	Quinoa/Beans	Y	Quinoa/Beans	Y	Brown Rice	1/2 P	Pico/Salsa	1/2 P	Pico/Salsa
	O	Sunflower Seeds	O	Sunflower Seeds	B	Monterey Jack Cheese	B	Monterey Jack Cheese	O	Pine Nuts	Y	1 Tortilla or 2 Corn Tortillas	Y	1 Tortilla or 2 Corn Tortillas
	Tsp	Butter/Ghee	Tsp	Butter/Ghee	Tsp	Olive Oil	Tsp	Olive Oil	Tsp	Olive Oil				