

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