

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, 1/2 Banana, Peanut Butter, & Cashew Milk (Red, Green, Purple, Teaspoon, Yellow)	Shake powder, Spinach, Cinnamon, 1/2 Banana, Peanut Butter, & Cashew Milk (Red, Green, Purple, Teaspoon, Yellow)	Shake powder, Spinach, Cinnamon, 1/2 Banana, Peanut Butter, & Cashew Milk (Red, Green, Purple, Teaspoon, Yellow)	Shake powder, Spinach, Cinnamon, 1/2 Banana, Peanut Butter, & Cashew Milk (Red, Green, Purple, Teaspoon, Yellow)	Shake powder, Spinach, Cinnamon, 1/2 Banana, Peanut Butter, & Cashew Milk (Red, Green, Purple, Teaspoon, Yellow)	Shake powder, Spinach, Cinnamon, 1/2 Banana, Peanut Butter, & Cashew Milk (Red, Green, Purple, Teaspoon, Yellow)	Shake powder, Spinach, Cinnamon, 1/2 Banana, Peanut Butter, & Cashew Milk (Red, Green, Purple, Teaspoon, Yellow)
Meal 2-(8:30am)	French Toast Scramble, small banana, 2 eggs, vanilla extract, cinnamon, and Peanut Butter) (1 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) (2 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) (2 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) (2 Purple, Red, 2 Teaspoon)
Meal 3- (11:30am)	Cucumber and Tomato Salad with Vinegar Salad Dressing (Green, Orange)	Bell Peppers, Cashews (Green, 1/2 Blue)	Cucumber and Tomato Salad with Vinegar Salad Dressing	Bell Peppers, Cashews (Green, 1/2 Blue)	Cucumber and Tomato Salad with Vinegar Salad Dressing	Bell Peppers, Cashews (Green, 1/2 Blue)	Cucumber and Tomato Salad with Vinegar Salad Dressing
Meal 4 - Pre-Workout Meal (1:30pm)	Taco Salad (Refried Beans, Lettuce , tomato, onion, Taco Beef, cheese) (Yellow, Green, Red, 1/2 Blue)	Spinach, Egg, Potato Bowl, Oil (Green, Red, Yellow, Teaspoon)	Taco Salad (Refried Beans, Lettuce , tomato, onion, Taco Beef, cheese) (Yellow, Green, Red, 1/2 Blue)	Spinach, Egg, Potato Bowl, Oil (Green, Red, Yellow, Teaspoon)	Taco Salad (Refried Beans, Lettuce , tomato, onion, Taco Beef, cheese) (Yellow, Green, Red, 1/2 Blue)	Spinach, Egg, Potato Bowl, Oil (Green, Red, Yellow, Teaspoon)	Taco Salad (Refried Beans, Lettuce , tomato, onion, Taco Beef, cheese) (Yellow, Green, Red, 1/2 Blue)
Meal 5-(5:00pm)	Rotisserie Chicken, Roasted Broccoli, Noodles, Pesto, Parmesan (red, Green, 1/2 Blue, Yellow, Teaspoon)	Bratwurst, Roasted Sweet Potato, Salad, Vinegar Dressing (Red, Yellow, Green, Orange)	Rotisserie Chicken, Roasted Broccoli, Noodles, Pesto, Parmesan (red, Green, 1/2 Blue, Yellow, Teaspoon)	Bratwurst, Roasted Sweet Potato, Salad, Vinegar Dressing (Red, Yellow, Green, Orange)	Rotisserie Chicken, Roasted Broccoli, Noodles, Pesto, Parmesan (red, Green, 1/2 Blue, Yellow, Teaspoon)	Bratwurst, Roasted Sweet Potato, Salad, Vinegar Dressing (Red, Yellow, Green, Orange)	Rotisserie Chicken, Roasted Broccoli, Noodles, Pesto, Parmesan (red, Green, 1/2 Blue, Yellow, Teaspoon)
Meal 6-(7:00pm)	Fruit (Purple)	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