monday	tuesday	wednesday	thursday	friday	saturday
PRE-WORKOUT MEAL					
sauteed veggies 1 egg + 4 whites sweet potato coc.oil	sauteed veggies 2 eggs toast butter	sauteed veggies 1 egg + 4 whites 1/2 sweet potato coc.oil	sauteed veggies 2 eggs toast butter	sauteed veggies 1 egg + 4 whites sweet potato coc.oil	sauteed veggies 2 eggs toast butter
PRE-WORKOUT SUPPLEMENT					
Beachbody Performance Energize	Beachbody Performance Energize	Beachbody Performance Energize	Beachbody Performance Energize	Beachbody Performance Energize	Beachbody Performance Energize
WORKOUT SUPPLEMENT					
Beachbody Performance Hydrate†	Beachbody Performance Hydrate†	Beachbody Performance Hydrate†	Beachbody Performance Hydrate†	Beachbody Performance Hydrate†	Beachbody Performance Hydrate†
POST-WORKOUT SUPPLEMENT					
Beachbody Performance Recover† 1/2 banana	Beachbody Performance Recover† 1/2 banana	Beachbody Performance Recover† 1/2 banana	Beachbody Performance Recover† 1/2 banana	Beachbody Performance Recover† 1/2 banana	Beachbody Performance Recover† 1/2 banana
POST-WORKOUT MEAL					
mixed greens & tomato deli turkey whole grain wrap pesto	leftover turkey sloppy joe	broccoli tempeh brown rice coc.oil	mixed greens deli turkey whole grain wrap avocado mayo	broccoli tempeh brown rice coc.oil	mixed greens deli turkey whole grain wrap avocado mayo
MEAL (OPTION 1)					
spinach frozen berries tropical strawberry Shakeology almond butter	spinach 1/2 banana chocolate Shakeology almond butter	spinach frozen berries tropical strawberry Shakeology almond butter	spinach 1/2 banana chocolate Shakeology almond butter	spinach frozen berries tropical strawberry Shakeology almond butter	spinach 1/2 banana chocolate Shakeology almond butter
MEAL (OPTION 2)					
apple **turkey sloppy joes (FIXATE)** 1 1 1 1 tsp. cheddar cheese	taco Tuesday lettuce, tomato,onion salsa ground turkey 2 corn tortillas avocado coconut oil	baked ziti (FIXATE) spinach, tomatoes grapes ground turkey whole wheat penne mozarella & ricoota olive oil	cheesy steak skillet (FIXATE) beans, carrot grapes skirt steak brown rice colby jack cheese olive oil	pizza spinach, tomato, tomato sauce clementine ham brown rice tortilla mozarella cheese pesto	date night veggies apple turkey burger 1/2 whole wheat bun cheddar cheese olive oil
MEAL (OPTION 3)					
cucumbers cottage cheese garlic toast olives butter	spinach, tomato chicken whole wheat pasta olives pesto	cucumbers cottage cheese garlic toast olives butter	spinach, tomato chicken whole wheat pasta olives pesto	cucumbers cottage cheese garlic toast olives butter	spinach, tomato chicken whole wheat pasta olives pesto
NIGHTTIME SUPPLEMENT					
Beachbody Performance Recharge†	Beachbody Performance Recharge†	Beachbody Performance Recharge†	Beachbody Performance Recharge†	Beachbody Performance Recharge†	Beachbody Performance Recharge†

80 DAY OBSESSION PLAN C

(1,800–2,099 calories)

CONTAINER COUNT • PLAN C - 1,800–2,099 CALORIES						
5	3	5	4	1	1	5

notes

sunday

MEAL	CONTAINERS
MEAL #1 spinach, frozen berries tropical strawberry Shakeology, almond butter	
MEAL #2 mixed greens, berries, chicken, quinoa, feta, olive oil (& vinegar)	
MEAL #3 green beans, grapes, baked cod, brown rice, sesame seeds, olive oil	
MEAL #4 mixed greens, deli turkey, whole grain wrapavocado mayo	
MEAL #5 mixed greens, 2 hard boiled eggs, sprouted grain toast, avocado mayo	