

80 DAY OBSESSION PLAN A -- Provided by: SoreyFitness.com

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAL 1	2 Eggs with diced tomato and avocado with berries Red + Green + Blue + Purple	Shakeology with Spinach or Greens Boost and Berries Red + Green + Purple	2 Eggs with diced tomato and avocado with berries Red + Green + Blue + Purple	Shakeology with Spinach or Greens Boost and berries Red + Green + Purple	2 Eggs with diced tomato and avocado with berries Red + Green + Blue + Purple
PRE-WORKOUT MEAL 2 60-90 MINUTES BEFORE WORKOUT	Egg Whites with Spinach and Oatmeal with 1 Tsp Coconut oil Red + Green + Yellow + 1Tsp	Egg Whites with Spinach and Oatmeal with 1 Tsp Coconut oil Red + Green + Yellow + 1Tsp	Egg Whites with Spinach and Oatmeal with 1 Tsp Coconut oil Red + Green + Yellow + 1Tsp	Egg Whites with Spinach and Oatmeal with 1 Tsp Coconut oil Red + Green + Yellow + 1Tsp	Egg Whites with Spinach and Oatmeal with 1 Tsp Coconut oil Red + Green + Yellow + 1Tsp
PRE-WORKOUT SUPPLEMENT 20-30 MINUTES BEFORE	Energize	Energize	Energize	Energize	Energize
DURING WORKOUT	Hydrate	Hydrate	Hydrate	Hydrate	Hydrate
POST WORKOUT SUPPLEMENT RIGHT AFTER WORKOUT	Beachbody Recover+ Berries 1 purple	Beachbody Recover+ Apple 1 purple	Beachbody Recover + Grapes	Beachbody Recover + Grapes	Beachbody Recover + Grapes
POST WORKOUT MEAL 3 1-2 HOURS AFTER WORKOUT	Shakeology or Whey Protein with Oats and 1 Tsp Coconut Oil Red + Green + Yellow + 1Tsp	Chicken Breast with green beans and a yam and ghee Red + Green + Yellow + 1Tsp	Shakeology or Whey Protein with Oats and 1 Tsp Coconut Oil Red + Green + Yellow + 1Tsp	Chicken Breast with green beans and a yam and ghee Red + Green + Yellow	Shakeology or Whey Protein with Oats and 1 Tsp Coconut Oil Red + Green + Yellow + 1Tsp
MEAL 4	—	12 Almonds	—	12 Almonds	—
MEAL 5	Chicken Breast with Romaine Lettuce, Veggies and Pine Nuts with oil & vinegar 1 Red 1 Green 1 Orange 1 tsp	Chicken Breast with Romaine Lettuce, Veggies and Olives with oil & vinegar 1 Red 1 Green 1 Orange 1 tsp	Taco Wrap - Turkey wrapped in lettuce Veggies and flaxseed with oliveoil 1 Red 1 Green 1 Orange	Chicken Breast with Romaine Lettuce, Veggies and Olives with oil & vinegar 1 Red 1 Green 1 Orange 1 tsp	Taco Wrap - Turkey wrapped in lettuce Veggies and flaxseed with oliveoil 1 Red 1 Green 1 Orange