

A LITTLE OBSESSED MEAL PLAN -- 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 Post Workout Supplement Right After Workout	Hydrate Beachbody Recover + Berries 1 purple	Hydrate Beachbody Recover + Apple 1 purple	Hydrate Beachbody Recover + Grapes 1 purple	Hydrate Beachbody Recover + Berries 1 purple	Hydrate Beachbody Recover + Grapes 1 purple
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 + 1Tsp	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 olive oil 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 olive oil 1 Red 1 Green 1 Orange 1 tsp

**Based on Plan A -- These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This is our personal meal plan and should not be seen as a registered dietician's plan. Always consult your doctor before starting a new meal plan.*