

80 DAY OBSESSION PLAN B itsmonicamccann.com	Let's get this party started right!	"I have decided to be happy because it's good for my health"	And one day she decided she was bold, strong and full of fire.	"You have to trust your own madness"	A woman is unstoppable when she realizes her own potential	"What matters most is how well you walk through the fire."	"Learning how to rest will become your great strength"
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-Workout Meal @ 5:30	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Drink Water
	Bell Pepper	Spinach	Bell Pepper	Spinach	Bell Pepper	Spinach	
	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	
ENERGIZE @ 6:00am	ENERGIZE	ENERGIZE	ENERGIZE	ENERGIZE	ENERGIZE	ENERGIZE	
WORKOUT @ 6:30am	WORKOUT	WORKOUT	WORKOUT	WORKOUT	WORKOUT	WORKOUT	REST DAY
RECOVER Meal @ 7:30am	RECOVER	RECOVER	RECOVER	RECOVER	RECOVER	RECOVER	Shakeology
	Berries	2 Clementines	Berries	2 Clementines	Berries	2 Clementines	Banana
							Peanut Butter
Post Workout Meal @ 9:30am	2 Eggs	2 Eggs	2 Eggs	2 Eggs	2 Eggs	2 Eggs	2 Clementines
	Spinach/Mushrooms	Spinach/Mushrooms	Spinach/Mushrooms	Spinach/Mushrooms	Spinach/Mushrooms	Spinach/Mushrooms	Spinach/Mushrooms
	Grain Free Tortilla	Grain Free Tortilla	Grain Free Tortilla	Grain Free Tortilla	Grain Free Tortilla	Grain Free Tortilla	GF Waffle
	Coconut Oil	Coconut Oil	Coconut Oil	Coconut Oil	Coconut Oil	Coconut Oil	Peanut Butter
Meal 1 @ 11:30	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	2 Eggs
	1/2 Banana	1/2 Banana	1/2 Banana	1/2 Banana	1/2 Banana	1/2 Banana	Onions, Tomato & Cilantro
	Cacao Nibs	Peanut Butter	Cacao Nibs	Almond Butter	Cacao Nibs	Peanut Butter	Black Beans
							Avocado Oil
Meal 2 @ 2:30pm	Apple	Berries	Pear	Berries	Apple	Berries	Apple
	Snap Peas	Spinach	Spinach	Arugula	Snap Peas	Spinach	Snap Peas
	Hummus	Goat cheese	Walnuts	Feta Cheese	Hummus	Avocado	Hummus
Meal 3 @ 5:30pm	Grilled Chicken	Shrimp	Steak	Chicken	Chicken	Tilapia	Chicken
	Salad	Spaghetti Squash	Green Beans	Spinach	Zucchini	Carrots	Mixed Greens
	Fixate Dressing	Fixate Dressing	Sliced Almonds	Olives	Fixate Dressing	Fixate Dressing	Sliced Almonds
	Quinoa	Green Peas	Quinoa	Brown Rice	Sweet Potato	Green Peas	Quinoa
	Coconut Oil	Olive Oil	Coconut Oil	Olive Oil	Coconut Oil	Olive Oil	Coconut Oil
							Blueberries & oranges