

80 DAY OBSESSION™

EATING PLAN

PLAN F

(2,500–2,800 calories)



EXCLUSIVELY ON
 **BEACHBODY®**
ON DEMAND

WELCOME TO YOUR 80 DAY OBSESSION™ EATING PLAN!

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If you're reading this, you probably used the Calorie Calculator in the Starter Guide to determine if this is the plan for you. If not, please take a minute to go back and do so. The Starter Guide contains important information that you'll need to make the most of your 80 Day Obsession.

HERE'S WHAT YOU'LL FIND INSIDE THIS EATING PLAN:

- **PORTION-CONTROL CONTAINERS** are an easy way to portion out your meals and transport them **PAGE 3**
- **YOUR TIMED-NUTRITION MEAL PLAN** shows you which containers to use for each meal, and your **WORKOUT BLOCK** includes tips on how to fit it in with the rest of your plan **PAGE 4**
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If you have any questions regarding the 80 Day Obsession workouts or eating plans, our team of registered dietitians, certified trainers, and other experts are here to help you on the Beachbody® Community Boards at BeachbodyExpertAdvice.com or you can check out the FAQ under Program Materials on Beachbody On Demand.



Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation or if you are pregnant or breast feeding, please make sure you consult your medical provider before starting this eating plan.








PORTION-CONTROL CONTAINERS

The Beachbody Portion-Control Containers will play a huge role in your 80 Day Obsession. You're up for a real challenge over the next 80 days, so let these seven color-coded containers make your nutrition a little easier.








No need for calorie-counting or kitchen scales. You will be using these containers to portion and even transport your meals. Here's how it works. The chart below features your daily portions below colored squares. So if you see a "5" below the Yellow square, that means you'll be filling the  Yellow Container (Carbohydrates) five times a day.

To learn which foods to fill your containers with, see the 80 Day Obsession Container Food lists, which you'll find under Program Materials on Beachbody On Demand.

Here is what each container represents:

-  Green Container (Vegetables)
 -  Blue Container (Healthy Fats)
 -  Purple Container (Fruits)
 -  Orange Container (Seeds & Dressings)
 -  Red Container (Proteins)
 -  Tsp. (Oils & Nut Butters*)
 -  Yellow Container (Carbohydrates)
- *Teaspoon not included*

THE CHART BELOW TELLS YOU HOW MANY OF EACH CONTAINER YOU CAN EAT DAILY.

CONTAINER COUNT • PLAN F - 2,500-2,800 CALORIES						
						
8	5	7	5	1	1	8

REMEMBER TO RECALCULATE YOUR CALORIE TARGET AFTER EACH PHASE USING THE CALCULATOR IN YOUR 80 DAY OBSESSION STARTER GUIDE.



YOUR TIMED-NUTRITION MEAL PLAN

When you eat matters as much as *what* you eat!

80 Day Obsession focuses on **Timed-Nutrition**—eating the right foods at the right times to help promote muscle recovery and growth and boost performance. Timing your nutrition can help ensure your muscles have the protein they need during those building-up phases. It's best to eat your meals every 2–3 hours.


The 4- to 5-hour **Workout Block** also plays an important role in Timed-Nutrition. This targets your nutrient intake to give you the carbohydrates you need to push harder and the protein you need to help recover faster.

Here's your Workout Block and your additional timed meals.

(Note: *You don't necessarily need to do the Workout Block first.* Find other options on pages 10–11.)

	TIMING	MEAL	CONTAINERS/SUPPLEMENTS
WORKOUT BLOCK	60–90 min BEFORE Workout	Pre-Workout Meal <i>Your pre-workout meal helps fuel your body so you have enough energy to work at maximum intensity.</i>	
	20–30 min BEFORE Workout	Pre-Workout Supplement <i>Drink Beachbody Performance Energize to help improve exercise performance,[^] sharpen focus and reaction time, and promote endurance.*[^]</i>	Beachbody Performance Energize
	WORKOUT		
	DURING Workout	Workout Supplement <i>Sip Beachbody Performance Hydrate during your workout to help replace electrolytes lost through sweat.*</i>	Beachbody Performance Hydrate[†]
	Within 30 min AFTER Workout	Post-Workout Supplement <i>Drink Beachbody Performance Recover to get protein to your muscles to help support muscle protein synthesis.*</i>	 + Beachbody Performance Recover[†]
1–2 hours AFTER Workout	Post-Workout Meal <i>Eat your post-workout meal to give your body the nutrients it needs to refuel.</i>		
OTHER TIMED MEALS	Every 2–3 hours	Meal (Option 1) <i>If you find the pre-workout meal is too heavy, or you are eating less than an hour before you work out, you can swap it with this option. (Hint: This meal works great with Shakeology!)</i>	
	Every 2–3 hours	Meal (Option 2)	
	Every 2–3 hours	Meal (Option 3)	
	30 min BEFORE bed	Nighttime Supplement <i>Drink Beachbody Performance Recharge before you go to bed to help build lean muscle mass.*</i>	 + Beachbody Performance Recharge[†]

How Shakeology® and Beachbody Performance™ fit in to Timed-Nutrition

There's never been a program so specifically timed to help maximize your results. Drinking Shakeology every day isn't just healthy, it also helps make the Timed-Nutrition plan that much easier to follow. Shakeology counts as one  Red Container (Proteins) in your plan. And Beachbody Performance supplements (Energize, Hydrate, Recover, and Recharge) are ideal for giving your body what it needs at just the right times to help you achieve those results.*



To learn more, contact your **Team Beachbody® Coach** or visit Shakeology.com or BeachbodyPerformance.com.

[^] Requires 2 scoops. Contains caffeine, which enhances mental alertness during intense muscular activity. [†]All products, flavors, and configurations may not be available in your market.

*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.

YOUR TIMED-NUTRITION MEAL PLAN EXAMPLE

The quality of your food choices is also important to your 80 Day Obsession. That's why you'll build your meals using the **80 Day Obsession Container Food Lists** you'll find under Program Materials on Beachbody On Demand.

Here are some meal ideas using the Menu Planner that you can find on page 9.

PRE-WORKOUT MEAL	
Baby spinach, cooked	■
Cantaloupe	■
Eggs, cooked	■
Oatmeal, cooked	■
Olive oil	—
PRE-WORKOUT SUPPLEMENT	
Beachbody Performance Energize	
WORKOUT SUPPLEMENT	
Beachbody Performance Hydrate [†]	
POST-WORKOUT SUPPLEMENT	
Beachbody Performance Recover [†]	■
½ banana	■
Whole-grain crackers	■
Peanut butter	—
POST-WORKOUT MEAL	
Squash, steamed	■
Chicken breast, grilled	■
Pasta, whole-grain, cooked	■
Olive oil	—
MEAL (OPTION 1)	
Baby spinach, raw	■
Blueberries	■
Shakeology	■
Unsweetened almond milk	—
MEAL (OPTION 2)	
Celery sticks	■
Grapes	■
Deli turkey, nitrate- & nitrite-free	■
Pita bread, whole-grain	■
Hummus	■
Almond butter	—
MEAL (OPTION 3)	
Green beans, cooked	■
Watermelon	■
Halibut, grilled	■
Pasta, whole-grain, cooked	■
Olives	■
Olive oil	—
NIGHTTIME SUPPLEMENT	
Beachbody Performance Recharge [†]	—
Unsweetened almond milk	—

Check out pages 10–11 to see some examples of how to schedule your Workout Block at different times of day.

Also, we recommend using Beachbody Performance supplements with the 80 Day Obsession program, but they are optional. If you're not using Beachbody Performance, then your Workout Block will look a bit different. See an example on page 11.

Check out the **FIXATE**[®] cooking show on Beachbody On Demand for great recipe ideas. (Just make sure they work with your container counts!)



YOUR REST DAY MEAL PLAN

During 80 Day Obsession, Sunday is Rest Day, which is VERY important for success since it allows your body to recover.

NOTE:

- Your container count on these days won't change, but you can switch around your meal options to the order you'd like.
- Keep eating every 2–3 hours to keep your energy levels steady and help with recovery.
- You won't need the Beachbody Performance supplements (Energize, Hydrate, Recover, or Recharge).
- Your **Purple** Container (Fruits) moves from the post-workout supplement to Meal Option 5 (as shown below).
- Your **Yellow** Container (Carbohydrates) moves to Meal Option 1 (as shown below).
- Your two **tsp. (Oil & Nut Butters)** move to Meal Option 1 and Meal Option 5 (as shown below).

MEAL	CONTAINERS
Meal Option 1	
Meal Option 2	
Meal Option 3	
Meal Option 4	
Meal Option 5	

Remember to drink your Shakeology every day! It is part of a healthy lifestyle that includes exercise and a healthy diet that combine to help support your energy, healthy weight loss, and overall good health.*

Shakeology counts as one **Red** Container (Proteins) in your plan.











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YOUR MODIFIED REFEED DAY MEAL PLAN







































Phase 2 introduces a modified **Refeed Day** every 2 weeks the day before Leg Day. This means you'll eat some additional carbohydrates to help replenish glycogen stores (a form of carbohydrates in your muscles), so you can work out harder and get better results. This is **not** a cheat day! You'll be eating from a Supplemental Yellow Container Food List filled with high-glycemic, fast-absorbing carbs, but the rest of your day still consists of healthy proteins, fruits, vegetables, and fats.

NOTE:

- You can find the Supplemental Yellow Container Food List in the **CONTAINER FOOD LIST** under Program Materials on Beachbody On Demand
- You can use 100% juice (4 fl. oz. =  1)









































REFEED DAY CONTAINER COUNT: PLAN F						
						
8	8	7	8	1	1	8

EXAMPLE MORNING WORKOUT BLOCK:

	TIME	MEAL	CONTAINERS/ SUPPLEMENTS
WAKE UP @ 6:30 am			
WORKOUT BLOCK	7:00 am	Pre-Workout Meal	    
	8:00 am	Pre-Workout Supplement	Beachbody Performance Energize
	WORKOUT @ 8:30 am-9:30 am		
	8:30-9:30 am	Workout Supplement	Beachbody Performance Hydrate [†]
	10:00 am	Post-Workout Supplement	     + Beachbody Performance Recover [†]
11:00 am	Post-Workout Meal	     	
OTHER TIMED MEALS	2:00 pm	Meal (Option 1)	     
	5:00 pm	Meal (Option 2)	      
	7:30 pm	Meal (Option 3)	       
	10:00 pm	Nighttime Supplement	 + Beachbody Performance Recharge [†]
GO TO BED no later than 10:30 pm			

Check out your **80 Day Obsession Workout Calendar** on Beachbody On Demand to see when your **Refeed Days** are scheduled.

EXAMPLE REFEED DAY MEAL:

PRE-WORKOUT MEAL Baby spinach, cooked Blueberries Eggs, cooked Waffle, white flour Olive oil	    
PRE-WORKOUT SUPPLEMENT Beachbody Performance Energize	
WORKOUT SUPPLEMENT Beachbody Performance Hydrate [†]	
POST-WORKOUT SUPPLEMENT Beachbody Performance Recover [†] Strawberries and 4 fl. oz. pomegranate juice Vanilla wafers Unsweetened almond milk	    
POST-WORKOUT MEAL Tomato, onion, lettuce, sliced Ground beef, cooked Hamburger bun, white Mayonnaise	     
MEAL (OPTION 1) Kale, raw ½ banana Shakeology Mini-pretzels, white Almond butter	     
MEAL (OPTION 2) Celery Apple, small Deli turkey, nitrate- & nitrite-free Pita bread, white Hummus Olive oil	      
MEAL (OPTION 3) Mixed greens Apple, small Chicken breast, grilled White pasta, cooked Olives Olive oil	         
NIGHTTIME SUPPLEMENT Beachbody Performance Recharge [†] Unsweetened almond milk	

YOUR *OPTIONAL* PEAK WEEK DEplete DAY MEAL PLAN

If you want to drop a few extra pounds to look extra-shredded by the end of your 80 Day Obsession, you can add four carb-reduced “Deplete Days” to your final Peak Week.

Keep in mind that this is *optional* and Autumn doesn’t recommend it beyond Peak Week. Reducing carbs and increasing protein during these deplete days taps glycogen from your muscles, causing you to look more ripped. It’s a temporary strategy and you’ll probably regain some of the weight lost during Peak Week once you return to your regular nutrition plan. Don’t worry. This is just glycogen and water weight returning to your muscles. It’s perfectly healthy—and you’ll still look great. Make sure to listen to your body and if you lack energy, have nagging headaches, if you feel awful, or experience other discomfort, then switch back to the regular Eating Plan.

- NOTE:**
- You won’t be able to switch out meal option #1 for your pre-workout meal
 - You’ll still eat every 2–3 hours

PEAK WEEK DEplete DAY CONTAINER COUNT: PLAN F						
10	0	10	3	1	1	8

EXAMPLE MORNING WORKOUT BLOCK:

	TIME	MEAL	CONTAINERS/SUPPLEMENTS
WAKE UP @ 6:30 am			
WORKOUT BLOCK	7:00 am	Pre-Workout Meal	
	8:00 am	Pre-Workout Supplement	Beachbody Performance Energize
	WORKOUT @ 8:30 am–9:30 am		
	8:30–9:30 am	Workout Supplement	Beachbody Performance Hydrate†
	10:00 am	Post-Workout Supplement	Beachbody Performance Recover† (Prepare with water ONLY)
	11:00 am	Post-Workout Meal	
OTHER TIMED MEALS	1:00 pm	Meal (Option 1)	
	3:00 pm	Meal (Option 2)	
	5:00 pm	Meal (Option 3)	
	7:00 pm	Meal (Option 4)	
	9:30 pm	Nighttime Supplement	Beachbody Performance Recharge† (Prepare with water ONLY)
GO TO BED no later than 10:30 pm			

Check out your 80 Day Obsession Workout Calendar to see when your Deplete Days are scheduled.







EXAMPLE DEplete DAY MEAL:

PRE-WORKOUT MEAL	
Baby spinach, cooked Eggs, cooked Oatmeal, cooked Olive oil	
PRE-WORKOUT SUPPLEMENT	
Beachbody Performance Energize	
WORKOUT SUPPLEMENT	
Beachbody Performance Hydrate†	
POST-WORKOUT SUPPLEMENT	
Beachbody Performance Recover† (Prepare with water ONLY)	
POST-WORKOUT MEAL	
Broccoli, cooked Chicken breast, grilled Sweet potato, baked Olive oil	
MEAL (OPTION 1)	
Carrots, steamed Salmon, grilled Coconut oil	
MEAL (OPTION 2)	
Celery sticks Turkey slices Hummus Olive oil	
MEAL (OPTION 3)	
Kale Shakeology and a side of chicken breast, grilled Almond butter	
MEAL (OPTION 4)	
Zucchini, steamed Ground turkey, cooked Olives Olive oil	
NIGHTTIME SUPPLEMENT	
Beachbody Performance Recharge† (Prepare with water ONLY)	







MENU PLANNER

Here's a blank menu planner that you can print out to help plan your menu during the week, along with a separate planner for Refeed Days and Peak Week.







PLAN F: REGULAR DAY

PRE-WORKOUT MEAL	
PRE-WORKOUT SUPPLEMENT	
Beachbody Performance Energize	
WORKOUT SUPPLEMENT	
Beachbody Performance Hydrate†	
POST-WORKOUT SUPPLEMENT	
Beachbody Performance Recover†	
POST-WORKOUT MEAL	
MEAL (OPTION 1)	
MEAL (OPTION 2)	
MEAL (OPTION 3)	
NIGHTTIME SUPPLEMENT	
Beachbody Performance Recharge†	

PLAN F: REFEED DAY

PRE-WORKOUT MEAL	
PRE-WORKOUT SUPPLEMENT	
Beachbody Performance Energize	
WORKOUT SUPPLEMENT	
Beachbody Performance Hydrate†	
POST-WORKOUT SUPPLEMENT	
Beachbody Performance Recover†	
POST-WORKOUT MEAL	
MEAL (OPTION 1)	
MEAL (OPTION 2)	
MEAL (OPTION 3)	
NIGHTTIME SUPPLEMENT	
Beachbody Performance Recharge†	

PLAN F: DEplete DAY

PRE-WORKOUT MEAL	
PRE-WORKOUT SUPPLEMENT	
Beachbody Performance Energize	
WORKOUT SUPPLEMENT	
Beachbody Performance Hydrate†	
POST-WORKOUT SUPPLEMENT	
Beachbody Performance Recover† (Prepare with water ONLY)	
POST-WORKOUT MEAL	
MEAL (OPTION 1)	
MEAL (OPTION 2)	
MEAL (OPTION 3)	
MEAL (OPTION 4)	
NIGHTTIME SUPPLEMENT	
Beachbody Performance Recharge† (Prepare with water ONLY)	

Remember to choose your foods from the Container Food Lists under Program Materials on Beachbody On Demand.

WORKOUT BLOCK EXAMPLES

Your Workout Block tells you what to eat during the 4- to 5-hour window before and after exercise. All your other meals revolve around that. Simply arrange them in whichever order works best for your schedule. Just remember to space them 2–3 hours apart.

Here are a few examples of how you can place your Workout Block.

EXAMPLE #1: MORNING WORKOUT BLOCK

	TIME	MEAL	CONTAINERS/SUPPLEMENTS
WAKE UP @ 5:30 am			
WORKOUT BLOCK	6:00 am	Pre-Workout Meal	
	7:00 am	Pre-Workout Supplement	Beachbody Performance Energize
	WORKOUT @ 7:30 am–8:30 am		
	7:30 am–8:30 am	Workout Supplement	Beachbody Performance Hydrate†
	9:00 am	Post-Workout Supplement	+ Beachbody Performance Recover†
	10:00 am	Post-Workout Meal	
	1:00 pm	Meal (Option 1)	
	4:00 pm	Meal (Option 2)	
	6:30 pm	Meal (Option 3)	
	9:00 pm	Nighttime Supplement	+ Beachbody Performance Recharge†
GO TO BED no later than 9:30 pm			

EXAMPLE #2: MIDDAY WORKOUT BLOCK

	TIME	MEAL	CONTAINERS/SUPPLEMENTS
WAKE UP @ 6:30 am			
	7:30 am	Meal (Option 1)	
	10:00 am	Meal (Option 2)	
WORKOUT BLOCK	12:00 pm	Pre-Workout Meal	
	1:00 pm	Pre-Workout Supplement	Beachbody Performance Energize
	WORKOUT @ 1:30 pm–2:30 pm		
	1:30 pm–2:30 pm	Workout Supplement	Beachbody Performance Hydrate†
	3:00 pm	Post-Workout Supplement	+ Beachbody Performance Recover†
	4:00 pm	Post-Workout Meal	
	7:00 pm	Meal (Option 3)	
	10:00 pm	Nighttime Supplement	+ Beachbody Performance Recharge†
GO TO BED no later than 10:30 pm			

WORKOUT BLOCK EXAMPLES (CONTINUED)

EXAMPLE #3: EVENING WORKOUT BLOCK

	TIME	MEAL	CONTAINERS/SUPPLEMENTS
WAKE UP @ 6:30 am			
	7:30 am	Meal (Option 1)	
	10:30 am	Meal (Option 3)	
	1:30 pm	Meal (Option 2)	
WORKOUT BLOCK	4:30 pm	Pre-Workout Meal	
	5:30 pm	Pre-Workout Supplement	Beachbody Performance Energize
	WORKOUT @ 6:00 pm-7:00 pm		
	6:00 pm-7:00 pm	Workout Supplement	Beachbody Performance Hydrate†
	7:30 pm	Post-Workout Supplement	+ Beachbody Performance Recover†
	8:30 pm	Post-Workout Meal	
	10:00 pm	Nighttime Supplement	+ Beachbody Performance Recharge†
GO TO BED no later than 10:30 pm			

TIMED-NUTRITION MEAL PLAN WITHOUT BEACHBODY PERFORMANCE

We recommend using Beachbody Performance supplements with the 80 Day Obsession program, but they are optional. If you're not using Beachbody Performance, then your Workout Block will look a bit different.

- You'll skip the Post-Workout Supplement. The Purple Container (Fruits), Yellow Container (Carbohydrates), and tsp. (Oils & Nut Butters) move to the Post-Workout Meal (as shown below).
- You'll skip the Nighttime Supplement. The tsp. (Oils & Nut Butters) moves to Meal Option 2 (as shown below).
- Bump up the timing for the Post-Workout Meal to within 1 hour of finishing your workout.

	TIMING	MEAL	CONTAINERS
WORKOUT BLOCK	60 to 90 minutes before working out	Pre-Workout Meal	
	WORKOUT		
	Within one hour after workout	Post-Workout Meal	
OTHER TIMED MEALS	Every 2-3 hours	Meal (Option 1)	
	Every 2-3 hours	Meal (Option 2)	
	Every 2-3 hours	Meal (Option 3)	

If you have questions about the 80 Day Obsession Eating Plan, we're here to help. Head over to the Official Expert Advice section in the Beachbody Community at [BeachbodyExpertAdvice.com](https://www.beachbody.com/expert-advice) where our team of registered dietitians, certified trainers, and other experts will help you get the most out of your obsession.

†All products, flavors, and configurations may not be available in your market.

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