

# 80 DAY OBSESSION™

## VEGAN EATING PLAN

# PLAN F

(2,500–2,800 calories)



EXCLUSIVELY ON  
 **BEACHBODY®**  
ON DEMAND

# WELCOME TO YOUR 80 DAY OBSESSION™ VEGAN 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 VEGAN EATING PLAN:

- **PORTION-CONTROL CONTAINERS** are an easy way to portion out your meals and transport them. .... **PAGE 3**
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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](https://www.beachbody.com/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 under the colored squares. So if you see a "7" below the Red square, that means you'll be filling the  Red Container (Proteins) seven times a day.









The biggest difference between the Vegan Eating Plan and other 80 Day Obsession Eating Plans (aside from the fact that you're not eating animal products) is the separation of the yellow container into two groups: **A Yellow Container A (Carbohydrates: Whole Grains)** and **B Yellow Container B (Carbohydrates: Starches)**. We did this because whole grains are a better source of protein, so you want to focus on those, but sometimes you just really want a bagel or a little fettuccine, so that's when you dip into **B Yellow Container B (Carbohydrates: Starches)**.

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

Here is what each container represents:

-  Green Container (Vegetables)
-  Purple Container (Fruits)
-  Red Container (Proteins)
-  Yellow Container A (Carbohydrates: Whole Grains)
-  Yellow Container B (Carbohydrates: Starches)
-  Blue Container (Healthy Fats)
-  Orange Container (Seeds & Dressings)
-  Tsp. (Oils & Nut Butters)\*  
*\*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							
							
10	4	7	3	2	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 VEGAN 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 page 9.)

	TIMING	MEAL	CONTAINERS/SUPPLEMENTS
WORKOUT BLOCK	60–90 min <b>BEFORE</b> Workout	<b>Pre-Workout Meal</b> <i>Your pre-workout meal helps fuel your body so you have enough energy to work at maximum intensity.</i>	
	20–30 min <b>BEFORE</b> Workout	<b>Pre-Workout Supplement</b> <i>Drink Beachbody Performance Energize to help improve exercise performance,<sup>^</sup> sharpen focus and reaction time, and promote endurance.*<sup>^</sup></i>	<b>Beachbody Performance Energize</b>
	<b>WORKOUT</b>		
	<b>DURING</b> Workout	<b>Workout Supplement</b> <i>Drink Beachbody Performance Hydrate during your workout to help replace electrolytes lost through sweat.*</i>	<b>Beachbody Performance Hydrate<sup>†</sup></b>
	Within 30 min <b>AFTER</b> Workout	<b>Post-Workout Snack</b> <i>It's important to get protein and carbohydrates to your muscles as soon as possible after your workout to jump-start the recovery process. (Hint: This snack works great with Shakeology!)*</i>	
	1–2 hours <b>AFTER</b> Workout	<b>Post-Workout Meal</b> <i>Eat your post-workout meal to give your body the nutrients it needs to refuel.</i>	
OTHER TIMED MEALS	Every 2–3 hours	<b>Meal (Option 1)</b> <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.</i>	
	Every 2–3 hours	<b>Meal (Option 2)</b>	
	Every 2–3 hours	<b>Meal (Option 3)</b>	
	Every 2–3 hours	<b>Meal (Option 4)</b>	

## 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 Vegan 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 the vegan-friendly supplements in the Beachbody Performance line (Energize and Hydrate) 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](https://www.shakeology.com) or [BeachbodyPerformance.com](https://www.beachbodyperformance.com).

<sup>^</sup>Requires 2 scoops. Contains caffeine, which enhances mental alertness during intense muscular activity. <sup>†</sup>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 VEGAN 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 Vegan 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 8.

<b>PRE-WORKOUT MEAL</b>	
Kale, cooked	■
Tofu, scrambled	■
Toast, whole-grain	B
Coconut oil	— —
<b>PRE-WORKOUT SUPPLEMENT</b>	
Beachbody Performance Energize	
<b>WORKOUT SUPPLEMENT</b>	
Beachbody Performance Hydrate†	
<b>POST-WORKOUT SNACK</b>	
Spinach, raw	■
½ Banana	■
Vegan Shakeology	■
Unsweetened almond milk	—
<b>POST-WORKOUT MEAL</b>	
Baby spinach, cooked	■ ■
Black beans	■
Brown rice, cooked	A
Olive oil	— —
<b>MEAL (OPTION 1)</b>	
Celery, sliced	■
Tofu, grilled	■
Corn on the cob	A
Peanut butter	—
<b>MEAL (OPTION 2)</b>	
Baby carrots	■ ■
Apple, small	■
Cannellini beans	■
Pita, whole wheat	B
Hummus	■
<b>MEAL (OPTION 3)</b>	
Baby spinach, raw	■ ■
Blueberries	■
Cannellini beans	■
Quinoa, cooked	A
Salad dressing	■
<b>MEAL (OPTION 4)</b>	
Baby carrots	■
Small orange	■
Tofu, grilled	■
Almond butter	— —

Check out page 9 to see some examples of how to schedule your Workout Block at different times of day.

Also, we recommend using Beachbody Performance Energize and Hydrate with the 80 Day Obsession program, but they are optional.

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 VEGAN 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 or Hydrate).

MEAL	CONTAINERS
Meal Option 1	Green Green Red A Spoon
Meal Option 2	Green Green Purple Red B Blue
Meal Option 3	Green Green Purple Red A Orange
Meal Option 4	Green Purple Red Spoon
Meal Option 5	Green Red B Spoon
Meal Option 6	Green Red A Spoon
Meal Option 7	Green Purple Red Spoon

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











\*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 MODIFIED REFEED DAY VEGAN 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 on page 2 of the **VEGAN CONTAINER FOOD LISTS**, located in the **80 Day Obsession Program Materials List on Beachbody On Demand**.
- You can use 100% juice (4 fl. oz. =  1)

REFEED DAY CONTAINER COUNT: VEGAN PLAN F						
						
10	6	7	7	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 <sup>†</sup>
	10:00 am	Post-Workout Snack 
	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	Meal (Option 4) 
	GO TO BED no later than 10:30 pm	

## EXAMPLE VEGAN REFEED DAY MEALS

PRE-WORKOUT MEAL	
Kale, cooked Tofu, scrambled Bread, white, toasted Coconut oil	
PRE-WORKOUT SUPPLEMENT	
Beachbody Performance Energize	
WORKOUT SUPPLEMENT	
Beachbody Performance Hydrate <sup>†</sup>	
POST-WORKOUT SNACK	
Spinach, raw Banana Vegan Shakeology Unsweetened almond milk	
POST-WORKOUT MEAL	
Baby spinach, cooked Raspberries Black beans, cooked White rice, cooked Olive oil	
MEAL (OPTION 1)	
Broccoli Lentils White potato, cooked Peanut butter	
MEAL (OPTION 2)	
Baby Carrots Apple, small Cannellini beans Pita, white Hummus	
MEAL (OPTION 3)	
Baby carrots Blueberries Cannellini beans White rice, cooked Salad dressing	
MEAL (OPTION 4)	
Celery, sliced Small apple, chopped Tofu, grilled White rice, cooked Almond butter	

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

# VEGAN 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.

## VEGAN PLAN F: REGULAR DAY

<b>PRE-WORKOUT MEAL</b>	
<b>PRE-WORKOUT SUPPLEMENT</b>	
Beachbody Performance Energize	
<b>WORKOUT SUPPLEMENT</b>	
Beachbody Performance Hydrate†	
<b>POST-WORKOUT SNACK</b>	
<b>POST-WORKOUT MEAL</b>	
<b>MEAL (OPTION 1)</b>	
<b>MEAL (OPTION 2)</b>	
<b>MEAL (OPTION 3)</b>	
<b>MEAL (OPTION 4)</b>	

## VEGAN PLAN F: REFEED DAY

<b>PRE-WORKOUT MEAL</b>	
<b>PRE-WORKOUT SUPPLEMENT</b>	
Beachbody Performance Energize	
<b>WORKOUT SUPPLEMENT</b>	
Beachbody Performance Hydrate†	
<b>POST-WORKOUT SNACK</b>	
<b>POST-WORKOUT MEAL</b>	
<b>MEAL (OPTION 1)</b>	
<b>MEAL (OPTION 2)</b>	
<b>MEAL (OPTION 3)</b>	
<b>MEAL (OPTION 4)</b>	

Remember to choose your foods from the Vegan 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 Snack	
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	Meal (Option 4)		
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 3)		
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 Snack	
4:00 pm	Post-Workout Meal		
7:00 pm	Meal (Option 1)		
10:00 pm	Meal (Option 4)		
GO TO BED no later than 10:30 pm			

# WORKOUT BLOCK EXAMPLES (CONTINUED)

## EXAMPLE #3: EVENING WORKOUT BLOCK

TIME	MEAL	CONTAINERS/SUPPLEMENTS	
<b>WAKE UP @ 6:30 am</b>			
7:00 am	Meal (Option 3)		
9:30 am	Meal (Option 2)		
12:00 pm	Meal (Option 1)		
2:00 pm	Meal (Option 4)		
<b>WORKOUT BLOCK</b>	4:30 pm	Pre-Workout Meal	
	5:30 pm	Pre-Workout Supplement	Beachbody Performance Energize
	<b>WORKOUT @ 6:00 pm-7:00 pm</b>		
	6:00 pm-7:00 pm	Workout Supplement	Beachbody Performance Hydrate†
	7:30 pm	Post-Workout Snack	
8:30 pm	Post-Workout Meal		
<b>GO TO BED no later than 10:30 pm</b>			

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.BeachbodyExpertAdvice.com) where our registered dietitians, certified trainers, and other experts will help you make the most out of your obsession.

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

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