



# MODERN HERO DIET

weight loss &  
maintenance  
mealplan  
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## BREAKFAST

- option 1 | 3-4 eggs omelette, frittata, baked
- option 2 | bowl of oatmeal with fruit or berries
- option 3 | bowl of homemade muesli with milk
- option 4 | low fat Greek yogurt with fruit
- option 5 | large breakfast bar or protein bar
- option 6 | protein pancakes with honey



1 fruit or a smoothie  
optional but recommended

## A

- 1 | veggie or meat burger in a bun
- 2 | ham, tomato and lettuce sandwich
- 3 | chicken, tomato and lettuce wrap
- 4 | veggie wrap or sandwich
- 5 | egg cucumber sandwich
- 6 | sardine tomato bruschetta
- 7 | jacket potato with cottage cheese
- 8 | beans with bread or tortilla

## B

- 1 | chicken (Caesar), tuna or egg lettuce salad
- 2 | roasted chicken with mustard
- 3 | roasted pork with green beans
- 4 | roasted fish with broccoli
- 5 | two burger patties with ketchup
- 6 | meatballs with yogurt garlic sauce
- 7 | cauliflower eggs
- 8 | oven baked mixed vegetables

## C

- 1 | roasted chicken with rice or quinoa
- 2 | roasted pork loin or steak with potatoes
- 3 | salmon or prawns with rice and peas
- 4 | meat, fish or veggie burger with rice
- 5 | light lasagna or carbonara
- 6 | beans with rice or chilli con carne
- 7 | meatballs in red sauce with pasta
- 8 | pineapple pork with rice

## SNACKS

- 1 | low fat Greek yogurt with cinnamon
- 2 | chicken chips with cucumbers
- 3 | cucumber sticks with ham
- 4 | apple with 1 tbsp nut butter
- 5 | pear or banana with nuts
- 6 | two hardboiled eggs with mayo
- 7 | cottage cheese with ham or orange
- 8 | hummus with carrot sticks
- 9 | low fat sugar-free chocolate milk
- 10 | protein shake
- 11 | tomato slices with turkey ham
- 12 | small protein bar or 2 energy balls

### PICK A FORMULA

**BREAKFAST + MEAL A + MEAL B**

**BREAKFAST + MEAL B + SNACK**

**BREAKFAST + SNACK + MEAL C**

meat, poultry, fish, rice, pasta,  
beans, potatoes and dairy  
amounts per meal:

**Level I** any amount

**Level II** up to 10oz [ 280g ]

**Level III** up to 7oz [ 200g ]