

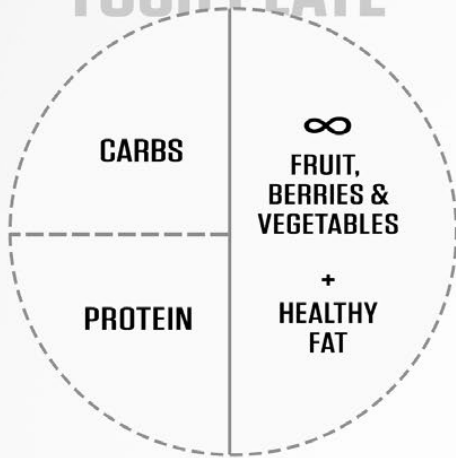


MODERN HERO MEALPLAN

VERO

by **DAREBEE**
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YOUR PLATE



PROTOCOL

3
meals a day

UNLIMITED
fruit, berries,
vegetables,
mushrooms
must take up
half of
your plate

4 hours
between meals
minimum

no snacks
between
meals

PROTEIN

eggs
tofu
edamame
TVP
tempeh
seitan
peas
chickpeas
beans
lentils
quinoa
vegan meat
protein powder
plain yogurt

CARBS

rice
potatoes
oats
pasta
buckwheat
millet
amaranth
barley
corn

or
whole grain
bread

HEALTHY FAT

nuts
nut butter
seeds
seed butter
cocoa
avocado

∞ water,
coffee & tea
throughout the day