



# MODERN HERO

# MEALPLAN

by **DAREBEE**

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## **A** PICK TWO ONE HANDFUL EACH

- 1 kale or lettuce
- 2 cucumber or avocado
- 3 tomato
- 4 bell peppers
- 5 broccoli
- 6 cauliflower
- 7 spinach
- 8 zucchini or eggplant
- 9 pumpkin
- 10 mushrooms
- 11 beetroot
- 12 carrots
- 13 leek or onion
- 14 brussel sprouts
- 15 green beans
- 16 green peas / **half**

## **B** PICK ONE 1 CUP / ~ 150g

- 1 eggs
- 2 chicken or turkey
- 3 pork or beef
- 4 salmon
- 5 sardines
- 6 prawn or squid
- 7 tempeh
- 8 seitan
- 9 chickpeas
- 10 beans
- 11 soybeans
- 12 split peas
- 13 plain yogurt
- 14 cottage cheese
- 15 feta cheese / **half**
- 16 cheese / **half**

## **C** PICK ONE 1 CUP / ~ 150g

- 1 quinoa
- 2 oats
- 3 rice
- 4 potatoes
- 5 pasta or spaghetti
- 6 corn
- 7 buckwheat
- 8 wheat
- 9 barley
- 10 rye
- 11 bulgur
- 12 lentils
- 13 couscous
- 14 chestnuts
- 15 nuts / **half**
- 16 seeds / **half**

DESIGN YOUR MEAL:

**MEAL 1** A + B + C

**MEAL 2** A + B + C

**MEAL 3** A + B



add 1 cup of fruit  
peeled and sliced  
to one of the meals



two slices of bread  
in total per day  
added to any meal

OPTIONAL



minimum **4 hours** between meals

**no snacking**