



MODERN HERO MEALPLAN

by **DAREBEE**
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A BUILDING 1 CUP OF ITEMS IN TOTAL

- chicken or turkey
- pork or beef
- prawns or squid
- salmon or cod
- tuna or sardines
- seitan, tofu or tempeh
- chickpeas
- quinoa
- beans
- peas
- eggs
- cheese 1/2 cup
- cottage cheese
- yogurt
- milk
- nut or seed butter 1/4 cup
- nuts or seeds 1/2 cup

B ENERGY 1 CUP OF ITEMS IN TOTAL

- rice
- potatoes
- sweet potatoes
- yams
- oats
- pasta
- corn
- beans
- lentils
- chickpeas
- quinoa
- buckwheat
- peas
- nut or seed butter 1/4 cup
- nuts or seeds 1/2 cup

C VITALITY 2 CUPS OF ITEMS IN TOTAL

- kale or lettuce
- cucumbers
- tomatoes
- peppers
- avocado half
- broccoli
- brussel sprouts
- cabbage
- carrots
- cauliflower
- celery
- zucchini
- eggplant
- beetroot
- pumpkin
- green beans
- spinach
- leek, onion

DESIGN YOUR MEAL:

- MEAL 1** A + B + C
- MEAL 2** A + B + C
- MEAL 3** A + C



OPTIONAL
add a serving of fruit
to meal 1 or meal 2



OPTIONAL
add two slices of bread
to meal 1 or meal 2



minimum **4 hours** between meals

no snacking