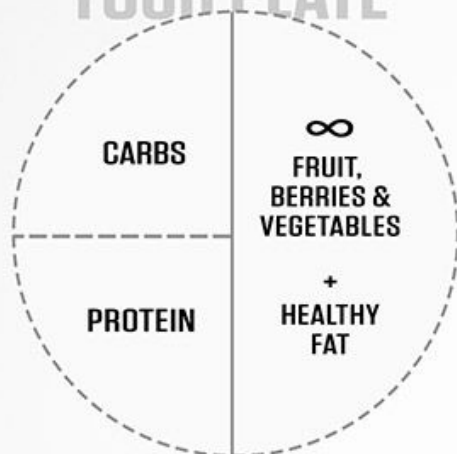




MODERN HERO MEALPLAN

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

chicken / turkey
pork
salmon
eggs
plain yogurt
cottage cheese
tofu
peas
chickpeas
beans
lentils
quinoa
protein powder

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