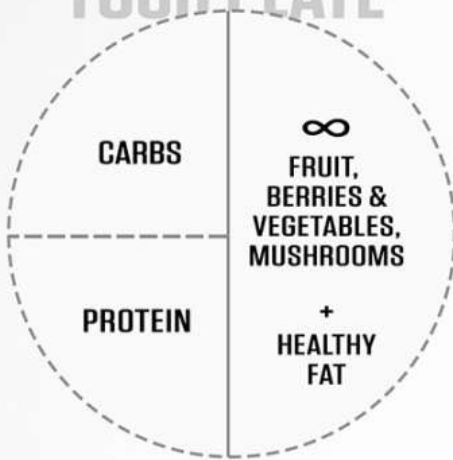




MODERN HERO MEALPLAN

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

chickpeas
beans
lentils
quinoa
peas
tofu
tempeh
edamame
TVP
seitan
protein powder
plant-based meat
plain soy 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