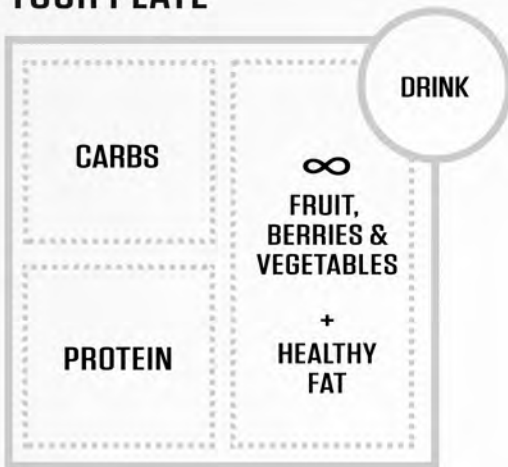




# MODERN HERO MEALPLAN

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 snacking  
between  
meals

### PROTEIN

 pick one per meal

3.5oz (100g) **chicken / turkey**  
3.5oz (100g) **pork**  
3.5oz (100g) **salmon**  
3.5oz (100g) **sardines / tuna**  
2 x medium **eggs**  
7oz (200g) **plain yogurt**  
7oz (200g) **cottage cheese**  
1oz (30g) **cheese**  
3.5oz (100g) **tofu / tempeh**  
1 cup cooked **soy / edamame**  
1 cup cooked **peas**  
1 cup cooked **chickpeas**  
1 cup cooked **beans**  
1 cup cooked **lentils**  
1 cup cooked **quinoa**  
2oz (60g) **protein powder**

### CARBS

 pick one per meal

½ cup cooked **rice**  
3.5oz (100g) **potatoes**  
½ cup cooked **oatmeal**  
½ cup cooked **pasta**  
½ cup cooked **buckwheat**  
½ cup **whole grain flour**  
½ cup cooked **millet**  
½ cup cooked **amaranth**  
½ cup cooked **barley**  
½ cup cooked **peas**  
½ cup cooked **chickpeas**  
½ cup cooked **beans**  
½ cup cooked **lentils**  
½ cup cooked **quinoa**  
½ cup cooked **corn**

### HEALTHY FAT

 pick one per meal

1oz (30g) **nuts**  
2 tbsp **seeds**  
1 tbsp **nut or seed butter**  
2 tbsp **cocoa powder**  
2 tbsp **carob powder**  
½ tbsp **vegetable oil**  
½ **avocado**

### DRINK

 optional,  
one per meal

8oz (240ml) **smoothie**  
8oz (240ml) **fresh juice**  
8oz (240ml) **milk**

∞ **water, coffee & tea**  
throughout the day