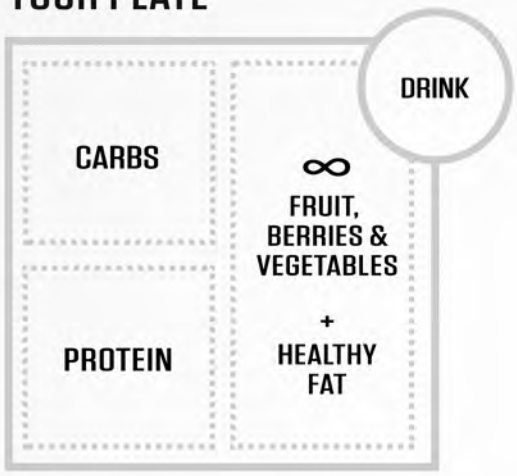
MODERN HERO VERO MEALPLAN

by DAREBEE
© darebee.com

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

- 2 x medium **eggs**
- 7oz (200g) **plain yogurt**
- 7oz (200g) **cottage cheese**
- 1oz (30g) **cheese**
- 3.5oz (100g) **tofu**
- 3.5oz (100g) **tempeh**
- 1 cup cooked **soybean**
- 1 cup cooked **edamame**
- 3.5oz (100g) **seitan**
- 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**