

MACRO TEMPLATE

1400 Calorie

Training Day P 140 C 100 F 50 kCal 1410

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28		15	247
Meal 2	28		15	247
Meal 3	28	25	10	302
Train				
PWO	28	25		212
Meal 4	28	50	10	312

Example

Meal 1 150g fillet steak (cooked 5g butter), spinach

Meal 2 150g chicken fillet (cooked 5g coconut oil), 1/2 medium avocado, spinach

Meal 3 170g total 0% fat free greek yoghurt, 3x lightly salted rice cakes

Train

PWO 25g whey protein, 25g haribo star mix

Meal 4 3x whole eggs, 1x wholemeal bagel, 5g spread butter, rocket

TRIBE-FIT
FITTER. STRONGER. TOGETHER

MACRO TEMPLATE

1400 Calorie

Moderate Carb Training Day

P 140 C 100 F 50 kCal 1410

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28		15	247
Meal 2	28		15	247
Meal 3	28	25	10	302
Train				
PWO	28	25		212
Meal 4	28	50	10	312

Example

Meal 1 3x whole eggs, 2x bacon medallions (cooked in 5g butter)

Meal 2 100g chicken fillet (cooked 5g coconut oil), 1/2 medium avocado, spinach

Meal 3 150g venison steak (cooked 5g butter), 100g sweet potato, asparagus, onions

Train

PWO 25g whey protein, 55g skittles

Meal 4 170g total 0% fat free greek yoghurt, 45g coco pops, 250ml unsweetened almond milk

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MACRO TEMPLATE

1400 Calorie

Rest Day Moderate Carb

P 150 C 50 F 70 kCal 1430

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		20	300
Meal 2	30		15	255
Meal 3	30		15	255
Meal 4	30	25	10	310
Meal 5	30	25	10	310

Example

Meal 1 1x (140g) steak burger, 1x grilled bacon medallion

Meal 2 100g turkey fillet (grilled), 1/2 x medium avocado, asparagus

Meal 3 1100g cod fillet, 1x tablespoon (15g) peanut butter, broccoli, onions

Meal 4 100g chicken fillet (cooked 5g coconut oil), 30g uncooked basmati rice

Meal 5 Arla protein yoghurt, 30g porridge oats, 400ml unsweetened almond milk

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MACRO TEMPLATE

1400 Calorie

Rest Day No Carb

P 150 C <50 F 70 kCal 1430

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		20	300
Meal 2	30		15	255
Meal 3	30		15	255
Meal 4	30		10	210
Meal 5	30		10	310

Example

Meal 1 1x (130g) steak burger, 1x grilled bacon medallion, stacked with onions, peppers, mushrooms

Meal 2 125g turkey fillet (cooked 5g coconut oil), asparagus

Meal 3 100g cod fillet, 1x tablespoon peanut butter (15g), broccoli, onions

Meal 4 125g lean steak mince (cooked 5g butter), onions, peppers, kale

Meal 5 100g prawns (cooked 5g coconut oil), onions, spinach

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