

MACRO TEMPLATE

1800 Calories

Training Day High Carb

P 150 C 150 F 70 kCal 1830

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30	45	10	390
Train				
PWO	30	30		240
Meal 4	30	75	10	510

Example

Meal 1 3x whole eggs, 2x bacon medallions (cooked in 5g butter), 15g cashews

Meal 2 125g chicken fillet (cooked 5g coconut oil), 1/2 medium avocado, spinach

Meal 3 125g venison steak (cooked 5g butter), 125g Uncle Bens microwaveable rice

Train

PWO 25g whey protein, 30g skittles

Meal 4 250g total 0% fat free greek yoghurt, 75g coco pops, 400ml unsweetened almond milk

TRIBE-FIT
FITTER. STRONGER. TOGETHER

MACRO TEMPLATE

1800 Calories

Rest Day

P 150 C 75 F 100 kCal 1800

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		40	480
Meal 2	30		30	390
Meal 3	30		10	210
Meal 4	30	25	10	310
Meal 5	30	50	10	410

Example

Meal 1 150g salmon fillet, 30g cashews, kale, onions

Meal 2 150g turkey fillet (cooked 5g coconut oil), 1/2x medium avocado, asparagus

Meal 3 150g cod fillet, 1x tablespoon peanut butter, broccoli, onions

Meal 4 150g chicken fillet (cooked 5g coconut oil), 250g sweet potato, 15g almonds

Meal 5 Grenade Carb Killa, 60g porridge oats, 250ml unsweetened almond milk, 100g pineapple slices

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Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30	45	10	390
Train				
PWO	30	30		240
Meal 4	30	75	10	510

Example

Meal 1	4 whole egg omelette, 50g sliced ham, onions, peppers (cooked in 5g butter), 10g almonds
Meal 2	125g rump steak (cooked 5g coconut oil), 1x (15g) tablespoon cashew butter, spinach
Meal 3	100g chicken fillet (cooked 5g coconut oil), 200g baby boil potatoes, asparagus
Train	
PWO	25g whey protein, 3x Jaffa cakes
Meal 4	250g total 0% fat free greek yoghurt, 90g coco pops, 400ml unsweetened almond milk

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	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30	45	10	390
Train				
PWO	30	30		240
Meal 4	30	75	10	510

Example

Meal 1	3x whole eggs, 2x bacon medallions (cooked in 5g butter), 15g cashews
Meal 2	125g chicken fillet (cooked 5g coconut oil), 1/2 medium avocado, spinach
Meal 3	125g venison steak (cooked 5g butter), 125g Uncle Bens microwaveable rice
Train	
PWO	25g whey protein, 30g skittles
Meal 4	250g total 0% fat free greek yoghurt, 75g coco pops, 400ml unsweetened almond milk

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1800 Calories

P 150 C 150 F 70 kCal 1830

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30	45	10	390
Train				
PWO	30	30		240
Meal 4	30	75	10	510

Example

Mela 1	3x grilled venison sausages, 15g almonds, onions, peppers
Meal 2	150g salmon fillet, 10g walnuts, kale
Meal 3	4x choc chip snack a jacks, fulfil protein bar,
Train	
PWO	25g whey protein, 40g skittles
Meal 4	150g chicken fillet (cooked 5g coconut oil), 300g baby boil potatoes, spinach

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TRIBE-FIT

PROTEIN	CARBOHYDRATES	FAT	CALORIES
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MACRO TEMPLATE

1800 Calories

Meal 1	30		40	480
Meal 2	30		25	345
Meal 3	30	30	15	375
Train				
PWO	30	30		240
Meal 4	30	40	10	370

Example

Mela 1	150g fillet steak (cooked 5g butter), 2x tablespoon almond butter (30g), spinach
Meal 2	150g chicken fillet (cooked 5g coconut oil), 1x medium avocado, spinach
Meal 3	170g total 0% fat free greek yoghurt, 2x lightly salted rice cakes, 30g almonds
Train	
PWO	25g whey protein, 20g haribo star mix
Meal 4	150g lean ham slices, 1x wholemeal bagel, 5g spread butter, rocket

Training Day Moderate Carb

P 150 C 100 F 90 kCal 1810

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		40	380
Meal	FITTER. STRONGER. TOGETHER			

MACRO TEMPLATE

1800 Calories

Meal 3	30	30	15	375
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Train

PWO	30	25		220
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Meal 4	30	45	10	390
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Example

Meal 1 3x whole eggs, 2x bacon medallions (cooked in 10g butter), 20g cashews

Meal 2 125g chicken fillet (cooked 5g coconut oil), 1/2 medium avocado, spinach

Meal 3 125g venison steak (cooked 5g butter), 25g uncooked basmati rice

Train

PWO 25g whey protein, 30g skittles

Meal 4 250g total 0% fat free greek yoghurt, 45g coco pops,
400ml unsweetened almond milk

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