

TRYBEMEALS

HEALTHY EATING

MEAL PLAN



1500 CALORIES

1500 Cals

Meal Plan

BY ZOMY IBE

All the energy we get come from the calories in our foods. Protein and carbohydrates contain about 4 calories per gram and fats contain 9. Protein builds muscle and maintains all other body tissue. Fat provides energy, regulates hormone production and keeps you full.

Carbs also provides energy and helps you sleep at night. Macro counting is extremely successful and can free you from the "good food, bad food" mindset. If you do not eat enough calories rom fats or carbs to power through your workouts, you could end up burning fewer calories than you think because you're not giving your all at the gym.

Like wise if you do no eat enough protein, it will be hard to retain, recover and build the muscle you work hard for in the gym. This plan might require you eat more food than you are used to, but remember that eating the right choices more frequently will boost your metabolism and give your body the nutrients you need to go hard in the gym, recover fast and maintain your energy for your regular daily activities

1487	90	161	52
CALORIES	PROTIEN	CARBS	FATS



DAY -01

1520 **114** **170** **45**
CALORIES PROTIEN CARBS FATS

BREAKFAST

APPLE CINNAMON OATMEAL
1 CUP COOKED OATS
1 CHOPPED APPLE
CINNAMON
1 TBSP CHIA/HEMP SEEDS
1/2 CUP PLANT MILK
VANILLA PLANT PROTEIN
STEVIA

499 **42** **50** **14**
CALORIES PROTIEN CARBS FATS

SNACK #1

PLANT BASED PROTEIN POWDER
SHAKE WITH WATER

110 **25** **01** **01**
CALORIES PROTIEN CARBS FATS

LUNCH

ZUCCHINI PASTA (TRYBE MEAL)

271 **24** **09** **15**
CALORIES PROTIEN CARBS FATS



DINNER

BLACK BEAN WRAP

1 CUP RINSED BLACK BEANS, 1 CHOPPED
TOMATOES, 1 RED PEPPERS & ONIONS
COOKED IN A FRYING PAN WITH SALT,
PEPPER, CHILLI POWDER, CUMIN & GARLIC.
TOPPED WITH 1 MEDIUM MASHED AVOCADO,
LIME JUICE & CILANTRO.

3 SOFT CORN TORTILLAS (HEAT IN A FRYING
PAN BEFORE EATING)

540 **19** **95** **11**
CALORIES PROTIEN CARBS FATS

SNACK #2

2 RICE CAKES WITH 2TSP NATURAL
PEANUT BUTTER

100 **2.5** **15** **03**
CALORIES PROTIEN CARBS FATS

1500 CAL



DAY -02

1487 **90** **161** **52**
CALORIES PROTIEN CARBS FATS

BREAKFAST

2 HARD BOILED EGGS
TOPPED WITH:
1 SLICED TOMATO
FRESH BASIL
1/2 AVOCADO SLICED
2 TBSP SAUERKRAUT
SALT & PEPPER

257 **114** **7** **17**
CALORIES PROTIEN CARBS FATS

SNACK #1

2 RICE CAKES WITH 2TSP NATURAL
PEANUT BUTTER AND BANANA

210 **4** **39** **3.3**
CALORIES PROTIEN CARBS FATS

LUNCH

CHICKEN PASTA & BROCCOLI (TRYBE MEAL)

515 **46** **58** **11**
CALORIES PROTIEN CARBS FATS

1500 CAL



DINNER

BALSAMIC CHICKPEA SALAD
1/2 CUP GARBANZO BEANS
4 CUPS LETTUCE
GRATED CARROT & OTHER VEGGIES
2 TBSP SLICED ALMONDS
BALSAMIC DRESSING (2 PARTS BALSAMIC
VINEGAR, 1 PART OLIVE OIL, SEA SALT &
BLACK PEPPER)

315 **10** **27** **19**
CALORIES PROTIEN CARBS FATS

SNACK #2

1 FROZEN BANANA
SPLASH OF WATER OR PLANT MILK
SCOOP OF PLANT PROTEIN
COCOA POWDER OR VANILLA EXTRACT
BLEND IN A FOOD PROCESSOR OR
BLENDER

203 **16** **30** **02**
CALORIES PROTIEN CARBS FATS



DAY -03

1521 113 144 53

CALORIES PROTIEN CARBS FATS

BREAKFAST

1 MASHED BANANA

2 EGGS

1/2 CUP OATS

DASH OF CINNAMON

SPRINKLE OF STEVIA

1/4 CUP FROZEN BERRIES

2TBSP NUT BUTTER FOR TOPPINGS

444 20 48 21

CALORIES PROTIEN CARBS FATS

SNACK #1

PLANT BASED PROTEIN POWDER

SHAKE WITH WATER & 1 BANANA

204 26 25 01

CALORIES PROTIEN CARBS FATS

LUNCH

CHICKEN KEBAB (TRYBE MEAL)

271 25 09 15

CALORIES PROTIEN CARBS FATS



DINNER

GREEK WRAP

1 TBSP CHOPPED RED ONIONS

1/4 CUP GRATED CUCUMBER

2 TBSP HUMMUS

1/4 CUP SHREDDED LETTUCE

1/2 DICED TOMATOES

1 WHOLE WHEAT WRAP

GRILLED OR BAKED CHICKEN WITH SOY

SAUCE, OLIVE OIL, GARLIC, BLACK PEPPER,

CUMIN, OREGANO, CILANTRO, CINNAMON &

MUSTARD. (MAKE EXTRA FOR TOMORROW)

377 38 35 09

CALORIES PROTIEN CARBS FATS

SNACK #2

APPLE WITH NATURAL PEANUT

BUTTER

225 06 30 14

CALORIES PROTIEN CARBS FATS

1500 CAL

DAY -04

1495 **110** **115** **47**
CALORIES PROTIEIN CARBS FATS

BREAKFAST

BERRY OATMEAL
1 CUP COOKED OATS
1/2 CUP BERRIES
1 TBSP CHIA/HEMP SEEDS
1/2 CUP PLANT MILK
VANILLA PLANT PROTEIN
STEVIA

476 **42** **42** **15**
CALORIES PROTIEIN CARBS FATS

SNACK #1

LARGE BANANA

93 **1.2** **24** **0.3**
CALORIES PROTIEIN CARBS FATS

LUNCH

LUNCH: CHILLI QUINOA (TRYBE MEAL)

417 **27** **39** **17**
CALORIES PROTIEIN CARBS FATS



DINNER

FAJITA SALAD

1 CUP MIXED GREENS TOPPED WITH RED
& GREEN PEPPER SLICES & CHOPPED
ONION

100G GRILLED CHICKEN SPICED WITH
SEA SALT, CHILI POWDER, AND CUMIN
(COOK WITH ALL VEGGIES BUT MIXED
GREENS)

ADD SALSA & 1/2 AVOCADO

1/2 CUP BROWN RICE

406 **37** **33** **12**
CALORIES PROTIEIN CARBS FATS

SNACK #2

1/4 CUP HUMMUS, 1 RICE CAKE AND
1/2 CUP CHOPPED CARROT

499 **42** **50** **14**
CALORIES PROTIEIN CARBS FATS

1500 CAL

DAY -05

1520 115 145 51

CALORIES PROTIEN CARBS FATS

BREAKFAST

MEXI BREAKFAST BURRITO
2 LARGE SCRAMBLED EGGS
3 TBSP SALSA
1/2 AVOCADO
3 SOFT CORN TORTILLA
2 TBSP CHOPPED CILANTRO
1 TSP FRESH LIME JUICE
1/4 CUP BLACK BEANS

424 19 42 20
CALORIES PROTIEN CARBS FATS

SNACK #1

PLANT BASED PROTEIN POWDER
SHAKE WITH WATER

110 25 01 01
CALORIES PROTIEN CARBS FATS

LUNCH

CHILLI QUINOA (TRYBE MEAL)

417 27 39 17
CALORIES PROTIEN CARBS FATS



DINNER

GREEK WRAP

1 TBSP CHOPPED RED ONIONS
1/4 CUP GRATED CUCUMBER
2 TBSP HUMMUS
1/4 CUP SHREDDED LETTUCE
1/2 DICED TOMATOES
1 WHOLE WHEAT WRAP
GRILLED OR BAKED CHICKEN WITH SOY
SAUCE, OLIVE OIL, GARLIC, BLACK PEPPER,
CUMIN, OREGANO, CILANTRO, CINNAMON &
MUSTARD. (MAKE EXTRA FOR TOMORROW)

377 38 35 09
CALORIES PROTIEN CARBS FATS

SNACK #2

SOY OR REGULAR YOGURT AND 1/2
FRESH BERRIES

178 06 28 04
CALORIES PROTIEN CARBS FATS

1500 CAL