

TRYBEMEALS

HEALTHY EATING

MEAL PLAN



2000 CALORIES

2000 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

1995	131	219	69
CALORIES	PROTIEN	CARBS	FATS



DAY -01

1986 **134** **190** **75**
CALORIES PROTIEN CARBS FATS

MEAL #1

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

MEAL #2

1 APPLE WITH ½ CUP OF CASHEWS

193 **02** **29** **07**
CALORIES PROTIEN CARBS FATS

MEAL #3

SHAWARMA PLATE (TRYBE MEAL)

492 **34** **35** **24**
CALORIES PROTIEN CARBS FATS



MEAL #4

PROTEIN SMOOTHIE
PLANT BASED PROTEIN POWDER
1TBSP PEANUT BUTTER
1 FROZEN BANANA
PLANT MILK TILL DESIRED CONSISTENCY

318 **20** **36** **10**
CALORIES PROTIEN CARBS FATS

MEAL #5

SALMON, BROWN RICE AND
ASPARAGUS

484 **36** **40** **20**
CALORIES PROTIEN CARBS FATS

2000 CAL

DAY -02

1995 **131** **219** **69**
CALORIES PROTIEN CARBS FATS

MEAL #1

BANANA PANCAKES

1 MASHED BANANA

2 EGGS

1/2 CUP OATS

DASH OF CINNAMON

SPRINKLE OF STEVIA

1/4 CUP FROZEN BERRIES

2 TBSP NUT BUTTER FOR TOPPINGS

VANILLA PLANT PROTEIN SCOOP (30G)

586 **38** **56** **25**
CALORIES PROTIEN CARBS FATS

MEAL #2

CHICKEN PASTA WITH

BROCCOLI (TRYBE MEAL)

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

MEAL #3

SALMON AND QUINOA (TRYBE MEAL)

458 **36** **47** **14**
CALORIES PROTIEN CARBS FATS



MEAL #4

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

MEAL #5

1 FROZEN BANANA (LARGE)

SPLASH OF WATER OR PLANT MILK

COCOA POWDER OR VANILLA EXTRACT

BLEND IN A FOOD PROCESSOR OR

BLENDER

121 **01** **31** **00**
CALORIES PROTIEN CARBS FATS

2000 CAL

DAY -03

1973 **159** **188** **69**
CALORIES PROTIEIN CARBS FATS

MEAL #1

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

MEAL #2

BURRITO BOWL (TRYBE MEAL)

512 **38** **54** **16**
CALORIES PROTIEIN CARBS FATS

MEAL #3

CHICKEN KEBAB (TRYBE MEAL)

383 **35** **27** **15**
CALORIES PROTIEIN CARBS FATS



MEAL #4

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 PROTIEIN CARBS FATS

MEAL #5

APPLE WITH NATURAL PEANUT BUTTER

225 **06** **30** **14**
CALORIES PROTIEIN CARBS FATS

2000 CAL

DAY -04

2040 160 195 70
CALORIES PROTIEEN CARBS FATS

MEAL #1

BANANA PANCAKES

1 MASHED BANANA

2 EGGS

1/2 CUP OATS

DASH OF CINNAMON

SPRINKLE OF STEVIA

1/4 CUP FROZEN BERRIES

2 TBSP NUT BUTTER FOR TOPPINGS

VANILLA PLANT PROTEIN SCOOP (30G)

586 38 36 25
CALORIES PROTIEEN CARBS FATS

MEAL #2

CHICKEN TERIYAKI (TRYBE MEAL)

496 55 42 12
CALORIES PROTIEEN CARBS FATS

MEAL #3

CHILLI QUINOA (TRYBE MEAL)

417 27 39 17
CALORIES PROTIEEN CARBS FATS



MEAL #4

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 PROTIEEN CARBS FATS

MEAL #5

BANANA WITH 3TSP NUT BUTTER

499 42 50 14
CALORIES PROTIEEN CARBS FATS

2000 CAL

DAY -05

2020	142	192	76
CALORIES	PROTIEN	CARBS	FATS

MEAL #1

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

MEAL #2

SALMON, BROWN RICE AND
ASPARAGUS (TRYBE MEAL)

484	36	40	20
CALORIES	PROTIEN	CARBS	FATS

MEAL #3

CHILLI QUINOA (TRYBE MEAL)

417	27	39	17
CALORIES	PROTIEN	CARBS	FATS

2000 CAL



MEAL #4

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

MEAL #5

PROTEIN SMOOTHIE
PLANT BASED PROTEIN POWDER
1TBSP PEANUT BUTTER
1 FROZEN BANANA
PLANT MILK TILL DESIRED CONSISTENCY

318	20	36	10
CALORIES	PROTIEN	CARBS	FATS