

# MACRO TEMPLATE

## 1200-1300 Calories

Rest Day Low Carb P 140 C 50 F 50 kCal 1210

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28		15	247
Meal 2	28		15	247
Meal 3	28		10	202
Meal 4	28	25	5	242
Meal 5	28	25	5	242

### Example

**Meal 1** 100g steak burger, 1x grilled bacon medallion, onions, mushrooms

**Meal 2** 100g turkey fillet (cooked 5g coconut oil), 1/2x medium avocado, asparagus

**Meal 3** 100g cod fillet, broccoli, onions

**Meal 4** 100g chicken fillet (cooked 5g coconut oil), 15g almonds

**Meal 5** 170g total 0% fat free greek yoghurt, 40g Special K Protein cereal, 400ml unsweetened almond milk

**TRIBE-FIT**  
FITTER. STRONGER. TOGETHER

# MACRO TEMPLATE

## 1200-1300 Calories

Rest Day Moderate Carb P 140 C 75 F 50 kCal 1310

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28		15	247
Meal 2	28		15	247
Meal 3	28		10	202
Meal 4	28	25	5	242
Meal 5	28	50	5	342

### Example

**Meal 1** 125g salmon fillet, 15g cashews, asparagus, onions, peppers

**Meal 2** 100g turkey fillet (cooked 5g coconut oil), green beans, mushrooms, onions

**Meal 3** 150g cod fillet, 1x tablespoon peanut butter (15g), broccoli, onions

**Meal 4** 100g chicken fillet (cooked 5g coconut oil), 100g sweet potato.

**Meal 5** Arla protein yoghurt, 30g porridge oats, 400ml unsweetened almond milk, 15g flaxseed

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# MACRO TEMPLATE

## 1200-1300 Calories

Training Day Moderate Carb P 140 C 75 F 50 kCal 1310

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28		15	247
Meal 2	28		15	247
Meal 3	28		10	202
<b>Train</b>				
PWO	28	25	5	242
Meal 4	28	50	10	342

### Example

**Meal 1** 2x grilled venison sausages, 10g almonds, tomatoes, spinach, kale

**Meal 2** 150g salmon fillet, asparagus, onions, peppers

**Meal 3** 150g chicken fillet grilled, 15g cashews, spinach, mushrooms

**Train**

**PWO** 25g whey protein, 25g skittles

**Meal 4** 1x bagel, 5g butter, 170g total greek yoghurt

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# MACRO TEMPLATE

## 1200-1300 Calories

P 140 C < 50 F 50 kCal 1210

No Carb Rest Day

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28		10	247
Meal 2	28		10	247
Meal 3	28		10	202
Meal 4	28		10	242
Meal 5	28		10	242

### Example

**Meal 1** 100g steak burger, onions, few handfuls salad leaves

**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** 150g prawns (cooked 5g coconut oil), onions, spinach, peppers

**TRIBE-FIT**  
FITTER. STRONGER. TOGETHER