

# 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
<b>Train</b>				
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
<b>Train</b>				
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

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

# 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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FITTER. STRONGER. TOGETHER

# 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

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