

MACRO TEMPLATE

1600

HIGH CARB P 140 C 150 F 50 kCal 1610

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28	20	15	327
Meal 2	28	25	15	347
Meal 3	28	25	10	302
Train				
PWO	28	30		232
Meal 4	28	50	10	402

Example

Meal 1 2x whole eggs, 35g porridge oats, 250ml unsweetened almond milk

Meal 2 100g chicken fillet (cooked 5g coconut oil), spinach, 30g uncooked basmati rice

Meal 3 150g venison steak (cooked 5g butter), 150g sweet potato, 15g almonds

Train

PWO 25g whey protein, 25g skittles

Meal 4 250g total 0% fat free greek yoghurt, 50g coco pops, 400ml unsweetened almond milk

TRIBE-FIT
FITTER. STRONGER. TOGETHER

MACRO TEMPLATE

1600

LOW CARB P 140 C 75 F 80 kCal 1580

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28		25	337
Meal 2	28		20	292
Meal 3	28		15	247
PWO	28	25	10	302
Meal 4	28	50	10	402

Example

Meal 1 125g salmon fillet, 25g cashews, kale, onions

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

Meal 3 100g cod fillet, 2x tablespoon peanut butter (30g), broccoli, onions

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

Meal 5 Arla 20g protein yoghurt, 30g porridge oats cooked in almond milk, 15g flaxseed

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MACRO TEMPLATE

1600

HIGH CARB P 140 C 150 F 50 kCal 1610

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28	20	15	327
Meal 2	28	25	15	347
Meal 3	28	25	10	302
Train				
PWO	28	30		232
Meal 4	28	50	10	402

Example

Meal 1 2x whole eggs, 35g porridge oats, 250ml unsweetened almond milk

Meal 2 100g chicken fillet (cooked 5g coconut oil), spinach, 30g uncooked basmati rice

Meal 3 150g venison steak (cooked 5g butter), 150g sweet potato, 15g almonds

Train

PWO 25g whey protein, 25g skittles

Meal 4 250g total 0% fat free greek yoghurt, 50g coco pops, 400ml unsweetened almond milk

TRIBE-FIT
FITTER. STRONGER. TOGETHER

MACRO TEMPLATE

1600

MODERATE CARB P 150 C 100 F 70 kCal 1630

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30		10	210
Train				
PWO	30	30		240
Meal 4	30	70	10	490

Example

Meal 1 150g fillet steak (cooked 5g butter), 1x tablespoon almond butter (15g), 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, 15g almonds

Train

PWO 25g whey protein, 20g haribo star mix

Meal 4 150g lean ham slices, 1x wholemeal bagel, 5g spread butter, rocket

TRIBE-FIT
FITTER. STRONGER. TOGETHER

MACRO TEMPLATE

1600

MODERATE CARB P 150 C 100 F 70 kCal 1630

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30		10	210
Train				
PWO	30	30		240
Meal 4	30	70	10	490

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), 10g almonds

Train

PWO 25g whey protein, 30g skittles

Meal 4 250g total 0% fat free greek yoghurt, 60g coco pops, 400ml unsweetened almond milk

TRIBE-FIT
FITTER. STRONGER. TOGETHER

MACRO TEMPLATE

1600

LOW/MOD CARB P 150 C 75 F 80 kCal 1620

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30		10	210
Meal 4	30	25	10	310
Meal 5	30	50	10	455

Example

Meal 1 1x (140g) steak burger, 1x grilled bacon medallion, 1x fried egg (stacked)

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

Meal 3 100g cod fillet, 1x tablespoon (15g) peanut butter, broccoli, onions

Meal 4 150g chicken fillet (cooked 5g coconut oil), 30g uncooked basmati rice

Meal 5 Arla protein yoghurt, 50g crunchy nut, 400ml unsweetened almond milk

TRIBE-FIT
FITTER. STRONGER. TOGETHER

MACRO TEMPLATE

1600

LOW CARB P 150 C 50 F 90 kCal 1610

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30		15	255
Meal 4	30		15	310
Meal 5	30	50	10	410

Example

Meal 1 1x (130g) steak burger, 25g almonds

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

Meal 3 100g cod fillet, 1x tablespoon (15g) peanut butter, broccoli, onions

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

Meal 5 170g total 0% fat free greek yoghurt, 120g Special K, 400ml unsweetened almond milk

TRIBE-FIT
FITTER. STRONGER. TOGETHER