

# MACRO TEMPLATE

## 1800 Calories

Training Day High Carb

P 150 C 150 F 70 kCal 1830

|              | PROTEIN | CARBOHYDRATES | FAT | CALORIES |
|--------------|---------|---------------|-----|----------|
| Meal 1       | 30      |               | 30  | 390      |
| Meal 2       | 30      |               | 20  | 300      |
| Meal 3       | 30      | 45            | 10  | 390      |
| <b>Train</b> |         |               |     |          |
| PWO          | 30      | 30            |     | 240      |
| Meal 4       | 30      | 75            | 10  | 510      |

### Example

**Meal 1** 3x whole eggs, 2x bacon medallions (cooked in 5g butter), 15g cashews

**Meal 2** 125g chicken fillet (cooked 5g coconut oil), 1/2 medium avocado, spinach

**Meal 3** 125g venison steak (cooked 5g butter), 125g Uncle Bens microwaveable rice

**Train**

**PWO** 25g whey protein, 30g skittles

**Meal 4** 250g total 0% fat free greek yoghurt, 75g coco pops, 400ml unsweetened almond milk

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FITTER. STRONGER. TOGETHER

# MACRO TEMPLATE

## 1800 Calories

Rest Day

P 150 C 75 F 100 kCal 1800

|        | PROTEIN | CARBOHYDRATES | FAT | CALORIES |
|--------|---------|---------------|-----|----------|
| Meal 1 | 30      |               | 40  | 480      |
| Meal 2 | 30      |               | 30  | 390      |
| Meal 3 | 30      |               | 10  | 210      |
| Meal 4 | 30      | 25            | 10  | 310      |
| Meal 5 | 30      | 50            | 10  | 410      |

### Example

**Meal 1** 150g salmon fillet, 30g cashews, kale, onions

**Meal 2** 150g turkey fillet (cooked 5g coconut oil), 1/2x medium avocado, asparagus

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

**Meal 4** 150g chicken fillet (cooked 5g coconut oil), 250g sweet potato, 15g almonds

**Meal 5** Grenade Carb Killa, 60g porridge oats, 250ml unsweetened almond milk, 100g pineapple slices

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|        | PROTEIN | CARBOHYDRATES | FAT | CALORIES |
|--------|---------|---------------|-----|----------|
| Meal 1 | 30      |               | 30  | 390      |
| Meal 2 | 30      |               | 20  | 300      |
| Meal 3 | 30      | 45            | 10  | 390      |
| Train  |         |               |     |          |
| PWO    | 30      | 30            |     | 240      |
| Meal 4 | 30      | 75            | 10  | 510      |

### Example

**Meal 1** 4 whole egg omelette, 50g sliced ham, onions, peppers (cooked in 5g butter), 10g almonds

**Meal 2** 125g rump steak (cooked 5g coconut oil), 1x (15g) tablespoon cashew butter, spinach

**Meal 3** 100g chicken fillet (cooked 5g coconut oil), 200g baby boil potatoes, asparagus

**Train**

**PWO** 25g whey protein, 3x Jaffa cakes

**Meal 4** 250g total 0% fat free greek yoghurt, 90g coco pops, 400ml unsweetened almond milk

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|        | PROTEIN | CARBOHYDRATES | FAT | CALORIES |
|--------|---------|---------------|-----|----------|
| Meal 1 | 30      |               | 30  | 390      |
| Meal 2 | 30      |               | 20  | 300      |
| Meal 3 | 30      | 45            | 10  | 390      |
| Train  |         |               |     |          |
| PWO    | 30      | 30            |     | 240      |
| Meal 4 | 30      | 75            | 10  | 510      |

### Example

**Meal 1** 3x whole eggs, 2x bacon medallions (cooked in 5g butter), 15g cashews

**Meal 2** 125g chicken fillet (cooked 5g coconut oil), 1/2 medium avocado, spinach

**Meal 3** 125g venison steak (cooked 5g butter), 125g Uncle Bens microwavable rice

**Train**

**PWO** 25g whey protein, 30g skittles

**Meal 4** 250g total 0% fat free greek yoghurt, 75g coco pops, 400ml unsweetened almond milk

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Training Day High Carb

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## 1800 Calories

P 150 C 150 F 70 kCal 1830

|        | PROTEIN | CARBOHYDRATES | FAT | CALORIES |
|--------|---------|---------------|-----|----------|
| Meal 1 | 30      |               | 30  | 390      |
| Meal 2 | 30      |               | 20  | 300      |
| Meal 3 | 30      | 45            | 10  | 390      |
| Train  |         |               |     |          |
| PWO    | 30      | 30            |     | 240      |
| Meal 4 | 30      | 75            | 10  | 510      |

### Example

**Meal 1** 3x grilled venison sausages, 15g almonds, onions, peppers

**Meal 2** 150g salmon fillet, 10g walnuts, kale

**Meal 3** 4x choc chip snack a jacks, fulfil protein bar,

**Train**

**PWO** 25g whey protein, 40g skittles

**Meal 4** 150g chicken fillet (cooked 5g coconut oil), 300g baby boil potatoes, spinach

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**TRIBE-FIT**

PROTEIN

CARBOHYDRATES

FAT

CALORIES

# MACRO TEMPLATE

## 1800 Calories

|              |    |    |    |     |
|--------------|----|----|----|-----|
| Meal 1       | 30 |    | 40 | 480 |
| Meal 2       | 30 |    | 25 | 345 |
| Meal 3       | 30 | 30 | 15 | 375 |
| <b>Train</b> |    |    |    |     |
| PWO          | 30 | 30 |    | 240 |
| Meal 4       | 30 | 40 | 10 | 370 |

### Example

- Meal 1** 150g fillet steak (cooked 5g butter), 2x tablespoon almond butter (30g), 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, 30g almonds
- Train**
- PWO** 25g whey protein, 20g haribo star mix
- Meal 4** 150g lean ham slices, 1x wholemeal bagel, 5g spread butter, rocket

### Training Day Moderate Carb

P 150 C 100 F 90 kCal 1810

|        | PROTEIN | CARBOHYDRATES | FAT | CALORIES |
|--------|---------|---------------|-----|----------|
| Meal 1 | 30      |               | 40  | 380      |

Meal

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# MACRO TEMPLATE

## 1800 Calories

|        |    |    |    |     |
|--------|----|----|----|-----|
| Meal 3 | 30 | 30 | 15 | 375 |
| Train  |    |    |    |     |
| PWO    | 30 | 25 |    | 220 |
| Meal 4 | 30 | 45 | 10 | 390 |

### 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), 25g uncooked basmati rice

**Train**

**PWO** 25g whey protein, 30g skittles

**Meal 4** 250g total 0% fat free greek yoghurt, 45g coco pops, 400ml unsweetened almond milk

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