



**TRIBE-FIT**  
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**WHAT DOES  
3500  
CALORIES LOOK LIKE?**

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# INTRODUCTION

Flexible dieting is a great tool when it comes to tracking nutrition. Having the ability to diet of your own accord within set targets allows the freedom to consume the foods you like, and still make progress towards your goal.

I personally recommend adopting the 80:20 principle when it comes to flexible dieting. Consuming 80% of your calories through whole, nutritious foods, with the remaining 20% of your calories coming from foods you enjoy, which may or may not contribute much nutritional value.

I've put this guide together to provide some insight into how you could structure your food diary to satisfy your calorie goal. It contains multiple options for each meal, and consuming a combination of the options will allow you to hit your nutritional targets comfortably.

## DISCLAIMER

This is by no means a set meal-plan. This guide has been devised simply to show you how you could structure your daily food intake. It contains generic food-choices, and thus should be taken accordingly.

You should seek medical guidance regarding any food intolerances or allergies you may have.

# MEAL 1- CHOOSE ONE

## OPTION

1

| FOOD               | SERVING |
|--------------------|---------|
| Porridge Oats      | 70g     |
| Greek Yoghurt      | 200g    |
| Frozen Berries     | 80g     |
| Boiled Eggs        | 2       |
| Fresh Orange Juice | 250ml   |

## OPTION

2

| FOOD                 | SERVING |
|----------------------|---------|
| Weetabix             | 6       |
| Semi Skimmed Milk    | 250ml   |
| Arla Protein Yoghurt | 1       |

# MEAL 2 - CHOOSE ONE

## OPTION

1

| FOOD             | SERVING |
|------------------|---------|
| Chicken Breast   | 200g    |
| Stir Fry Mix Veg | 80g     |
| Egg Noodles      | 150g    |
| Teriyaki Sauce   | 75g     |

## OPTION

2

| FOOD            | SERVING |
|-----------------|---------|
| Beef Meatballs  | 150g    |
| Pasta           | 80g     |
| Bolognese Sauce | 50g     |
| Protein Bar     | 1       |

# MEAL 3 - CHOOSE ONE

## OPTION

1

| FOOD         | SERVING |
|--------------|---------|
| Bagel        | 1       |
| Eggs         | 2       |
| Light Spread | 30g     |

## OPTION

2

| FOOD        | SERVING |
|-------------|---------|
| Pancakes    | 2       |
| Maple Syrup | 50ml    |

CONTINUE



# MEAL 4 - CHOOSE ONE

## OPTION

1

| FOOD              | SERVING |
|-------------------|---------|
| Steak             | 200g    |
| Potatoes          | 200g    |
| Sweetcorn         | 60g     |
| Green Veg         | 200g    |
| Protein Powder    | 50g     |
| Semi Skimmed Milk | 200ml   |

## OPTION

2

| FOOD          | SERVING |
|---------------|---------|
| Duck Breast   | 200g    |
| Potatoes      | 200g    |
| Mix Green Veg | 200g    |
| Banana        | 100g    |

# MEAL 5 - CHOOSE ONE

## OPTION

1

| FOOD              | SERVING |
|-------------------|---------|
| Protein Bar       | 200g    |
| Banana            | 100g    |
| Coco Pops         | 100g    |
| Semi Skimmed Milk | 150ml   |

## OPTION

2

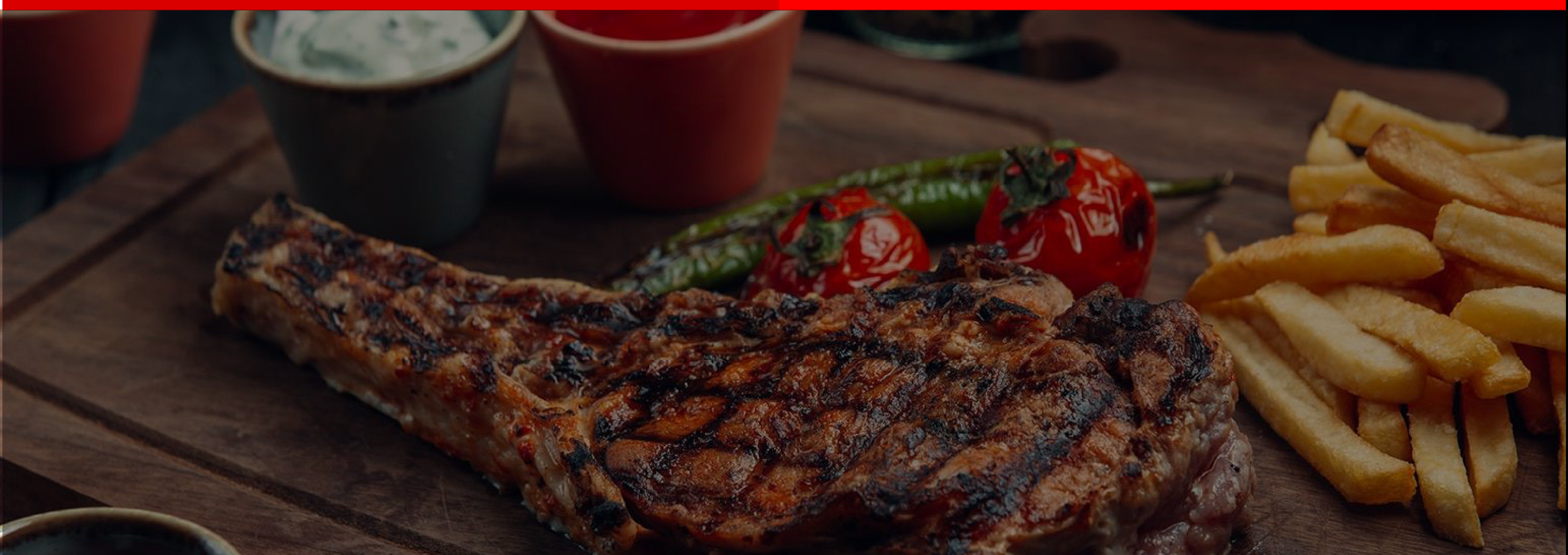
| FOOD                | SERVING |
|---------------------|---------|
| Original Beef Jerky | 100g    |
| Boiled Eggs         | 2       |
| Mars Bar            | 1       |
| Fresh Apple Juice   | 200ml   |

KCAL (MAX)

3500

PROTEIN (MIN)

250g



**EAT WELL,  
LIVE WELL,  
BE WELL**

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