

TRIBE-FIT
FITTER. STRONGER. TOGETHER

**WHAT DOES
2700
CALORIES LOOK LIKE?**

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
Bacon Rashers	2
Eggs	2
Bagel	1
Cheese	30g
Fresh Orange Juice	200ml

OPTION

2

FOOD	SERVING
Scotch Pancakes	3
Golden Syrup	30g
Blueberries	60g

MEAL 2 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Tinned Tuna	150g
Pasta	85g
Mayo	40g
Mixed Green Salad	50g

OPTION

2

FOOD	SERVING
Salmon Fillet	150g
Egg Noodles	150g
Sweet Chilli Sauce	60ml
Tender Stem Broccoli	75g

MEAL 3 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Greek Yoghurt	150g
Strawberries	40g
Protein Bar	1

OPTION

2

FOOD	SERVING
Boiled Eggs	2
Pineapple Chunks	130g
Protein Powder	25g
Skimmed Milk	300g

CONTINUE



MEAL 4 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Lamb Chops	200g
Sweet Potato Chips	200g
Sweetcorn	50g
Peas	50g
Banana	1

OPTION

2

FOOD	SERVING
5% Lean Beef Mince	120g
Micro Rice	125g
Chilli Mix	20g
Tinned Tomatoes	100g
Fresh Apple Juice	200ml

MEAL 5 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Chicken Pieces	75g
Crumpets	2
Low Fat Spread	30g

OPTION

2

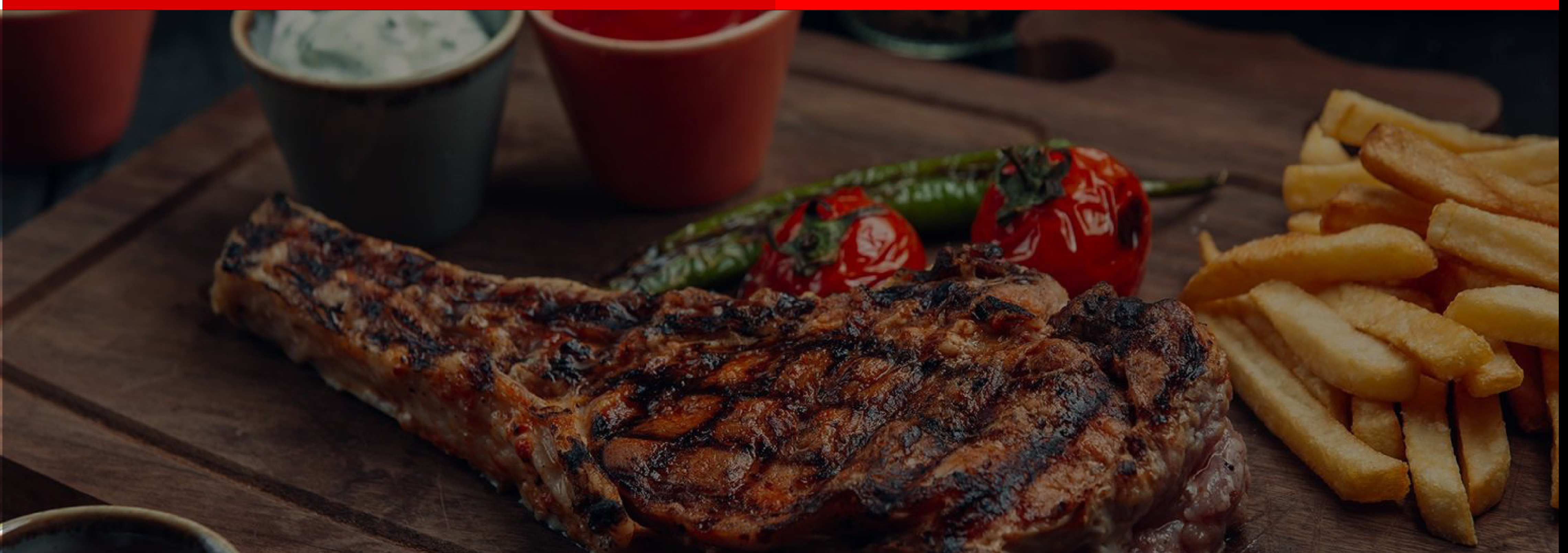
FOOD	SERVING
Malt Loaf	100g
Mars Bar	1
Beek Jerky	50g

KCAL (MAX)

2700

PROTEIN (MIN)

170g



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

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