

TRIBE-FIT
FITTER. STRONGER. TOGETHER

**WHAT DOES
2000
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.

BREAKFAST - CHOOSE ONE

OPTION

1

FOOD	SERVING
Oats	40g
Natural Fat Free Yoghurt	250g
Semi-Skimmed Milk	50ml
Whey Protein	20g
Frozen Berries	50g
Dark Chocolate	20g

OPTION

2

FOOD	SERVING
Heck Chicken Italia Sausages	3
Eggs	2
Crumpets	2
No Added Sugar Beans	200g
Green Vegetables	50g

LUNCH - CHOOSE ONE

OPTION

1

FOOD	SERVING
5% Mince Burgers	200g
Brioche Bun	63g
Cheddar Cheese	Slice
Salad	20g

OPTION

2

FOOD	SERVING
Cooked Chicken Breast	125g
Bacon Medallions	50g
50/50 Bread	2 x 28.6g
Light Mayo	15g
Light Spread	15g
Salad	40g

DINNER - CHOOSE ONE

OPTION

1

FOOD	SERVING
Chicken Breast	125g
Basmati Rice (Uncooked)	125g
Green Vegetables	125g

OPTION

2

FOOD	SERVING
Tuna in Springwater	100g Tin
Pasta (Uncooked)	100g
Light Mayo	15g
Peppers	50g

SNACK - CHOOSE ONE

OPTION

1

FOOD	SERVING
Grenade Carb Killa	60g
Banana	100g

OPTION

2

FOOD	SERVING
Fage Fat Free Greek Yoghurt	200g
Caramel Snack-a-Jack	2
Biscoff Spread	10g
Frozen Berries	50g

KCAL (MAX)

1960

PROTEIN (MIN)

161

2

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

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