

TRYBEMEALS

HEALTHY EATING

MEAL PLAN



2500 CALORIES

2500 Cals

Meal Plan

BY ZOMY IBE

All the energy we get come from the calories in our foods. Protein and carbohydrates contain about 4 calories per gram and fats contain 9. Protein builds muscle and maintains all other body tissue. Fat provides energy, regulates hormone production and keeps you full.

Carbs also provides energy and helps you sleep at night. Macro counting is extremely successful and can free you from the "good food, bad food" mindset. If you do not eat enough calories rom fats or carbs to power through your workouts, you could end up burning fewer calories than you think because you're not giving your all at the gym.

Like wise if you do no eat enough protein, it will be hard to retain, recover and build the muscle you work hard for in the gym. This plan might require you eat more food than you are used to, but remember that eating the right choices more frequently will boost your metabolism and give your body the nutrients you need to go hard in the gym, recover fast and maintain your energy for your regular daily activities

1530	188	260	86
CALORIES	PROTIEN	CARBS	FATS



DAY -01

2501 **180** **248** **86**
CALORIES PROTIEIN CARBS FATS

MEAL #1

APPLE CINNAMON OATMEAL
1 CUP COOKED OATS
1 CHOPPED APPLE
CINNAMON
1 TBSP CHIA/HEMP SEEDS
1/2 CUP PLANT MILK
VANILLA PLANT PROTEIN
STEVIA

499 **42** **50** **14**
CALORIES PROTIEIN CARBS FATS

MEAL #2

1 APPLE WITH ½ CUP OF CASHEWS

193 **02** **29** **07**
CALORIES PROTIEIN CARBS FATS

MEAL #3

SHAWARMA PLATE (TRYBE MEAL)

492 **34** **35** **24**
CALORIES PROTIEIN CARBS FATS



MEAL #4

PROTEIN SMOOTHIE
PLANT BASED PROTEIN POWDER
1TBSP PEANUT BUTTER
1 FROZEN BANANA
PLANT MILK TILL DESIRED CONSISTENCY

318 **20** **36** **10**
CALORIES PROTIEIN CARBS FATS

MEAL #5

SALMON, BROWN RICE AND
ASPARAGUS

484 **36** **40** **20**
CALORIES PROTIEIN CARBS FATS

MEAL #6

CHICKEN PASTA (TRYBE MEAL)

515 **46** **58** **11**
CALORIES PROTIEIN CARBS FATS

2500 CAL

DAY -02

2510 206 241 83

CALORIES PROTIEN CARBS FATS

MEAL #1

BANANA PANCAKES

1 MASHED BANANA

2 EGGS

1/2 CUP OATS

DASH OF CINNAMON

SPRINKLE OF STEVIA

1/4 CUP FROZEN BERRIES

2 TBSP NUT BUTTER FOR TOPPINGS

VANILLA PLANT PROTEIN SCOOP (30G)

586 38 56 25

CALORIES PROTIEN CARBS FATS

MEAL #2

CHICKEN PASTA WITH BROCCOLI (TRYBE MEAL)

515 46 58 11

CALORIES PROTIEN CARBS FATS

MEAL #3

SALMON AND QUINOA (TRYBE MEAL)

458 36 47 14

CALORIES PROTIEN CARBS FATS

MEAL #4

PEPPER TURKEY (TRYBE MEAL)

720 60 48 32

CALORIES PROTIEN CARBS FATS



MEAL #5

BALSAMIC CHICKPEA SALAD

1/2 CUP GARBANZO BEANS

4 CUPS LETTUCE

GRATED CARROT & OTHER VEGGIES

2 TBSP SLICED ALMONDS

BALSAMIC DRESSING (2 PARTS BALSAMIC VINEGAR, 1 PART OLIVE OIL, SEA SALT & BLACK PEPPER)

315 10 27 19

CALORIES PROTIEN CARBS FATS

MEAL #6

BANANA ICECREAM

1 FROZEN BANANA (LARGE)

SPLASH OF WATER OR PLANT MILK

COCOA POWDER OR VANILLA EXTRACT

BLEND IN A FOOD PROCESSOR OR

BLENDER

231 26 32 01

CALORIES PROTIEN CARBS FATS

2500 CAL



DAY -03

2530 188 260 86

CALORIES PROTIEN CARBS FATS

MEAL #1

BERRY OATMEAL

1 CUP COOKED OATS

1/2 CUP BERRIES

1 TBSP CHIA/HEMP SEEDS

1/2 CUP PLANT MILK

VANILLA PLANT PROTEIN

STEVIA

476 42 42 15
CALORIES PROTIEN CARBS FATS

MEAL #2

BURRITO BOWL (TRYBE MEAL)

512 38 54 16
CALORIES PROTIEN CARBS FATS

MEAL #3

CHICKEN KEBAB (TRYBE MEAL)

383 35 27 15
CALORIES PROTIEN CARBS FATS



MEAL #4

PROTEIN SMOOTHIE

PLANT BASED PROTEIN POWDER

1TBSP PEANUT BUTTER

1 FROZEN BANANA

PLANT MILK TILL DESIRED CONSISTENCY

318 20 36 10
CALORIES PROTIEN CARBS FATS

MEAL #5

APPLE WITH NATURAL PEANUT BUTTER

225 06 30 14
CALORIES PROTIEN CARBS FATS

MEAL #4

CHICKEN PASTA (TRYBE MEAL)

515 46 58 11
CALORIES PROTIEN CARBS FATS

2500 CAL



DAY -04

2506 **217** **219** **87**
CALORIES PROTIEIN CARBS FATS

MEAL #1

BANANA PANCAKES

1 MASHED BANANA

2 EGGS

1/2 CUP OATS

DASH OF CINNAMON

SPRINKLE OF STEVIA

1/4 CUP FROZEN BERRIES

2 TBSP NUT BUTTER FOR TOPPINGS

VANILLA PLANT PROTEIN SCOOP (30G)

586 **38** **36** **25**
CALORIES PROTIEIN CARBS FATS

MEAL #2

CHICKEN TERIYAKI (TRYBE MEAL)

496 **55** **42** **12**
CALORIES PROTIEIN CARBS FATS

MEAL #3

PEPPER TURKEY (TRYBE MEAL)

720 **60** **48** **32**
CALORIES PROTIEIN CARBS FATS



MEAL #4

PROTEIN SMOOTHIE

PLANT BASED PROTEIN POWDER

WATER

FROZEN BANANA

3TSP NATURAL PEANUT BUTTER

246 **28** **26** **04**
CALORIES PROTIEIN CARBS FATS

MEAL #5

SALMON AND QUINOA (TRYBE MEAL)

548 **36** **47** **14**
CALORIES PROTIEIN CARBS FATS

MEAL #6

BANANA WITH 3TSP NUT BUTTER

046 **26** **04** **46**
CALORIES PROTIEIN CARBS FATS

2500 CAL

DAY -05

2486 163 255 95

CALORIES PROTIEN CARBS FATS

MEAL #1

MEXI BREAKFAST BURRITO
2 LARGE SCRAMBLED EGGS
3 TBSP SALSA
1/2 AVOCADO
3 SOFT CORN TORTILLA
2 TBSP CHOPPED CILANTRO
1 TSP FRESH LIME JUICE
1/4 CUP BLACK BEANS

424 19 42 20
CALORIES PROTIEN CARBS FATS

MEAL #2

BURRITO BOWL (TRYBEMEAL)

512 38 54 16
CALORIES PROTIEN CARBS FATS

MEAL #3

APPLE WITH NATURAL PEANUT
BUTTER

225 06 30 14
CALORIES PROTIEN CARBS FATS



MEAL #5

SHAWARMA PLATE (TRYBE MEAL)

492 34 35 24
CALORIES PROTIEN CARBS FATS

MEAL #4

CHICKEN PASTA (TRYBE MEAL)

515 46 58 11
CALORIES PROTIEN CARBS FATS

MEAL #6

PROTEIN SMOOTHIE
PLANT BASED PROTEIN POWDER
1TBSP PEANUT BUTTER
1 FROZEN BANANA
PLANT MILK TILL DESIRED CONSISTENCY

318 20 36 10
CALORIES PROTIEN CARBS FATS

2500 CAL