



MODERN HERO MEALPLAN

by **DAREBEE**
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A BUILDING 1 CUP OF ITEMS IN TOTAL

chicken or turkey
pork or beef
prawns or squid
salmon or cod
tuna or sardines
seitan, tofu or tempeh
chickpeas
quinoa
beans
peas
eggs
cheese 1/2 cup
cottage cheese
yogurt
milk
nut or seed butter 1/4 cup
nuts or seeds 1/2 cup

B ENERGY 1 CUP OF ITEMS IN TOTAL

rice
potatoes
sweet potatoes
yams
oats
pasta
corn
beans
lentils
chickpeas
quinoa
buckwheat
peas
nut or seed butter 1/4 cup
nuts or seeds 1/2 cup

C VITALITY 2 CUPS OF ITEMS IN TOTAL

kale or lettuce
cucumbers
tomatoes
peppers
avocado half
broccoli
brussel sprouts
cabbage
corn
carrots
cauliflower
celery
zucchini
eggplant
beetroot
pumpkin
green beans
spinach
leek, onion

DESIGN YOUR MEAL:

MEAL 1 A + B + C

MEAL 2 A + B + C

MEAL 3 A + C



OPTIONAL

add a serving of fruit
to meal 1 or meal 2



OPTIONAL

add two slices of bread
to meal 1 or meal 2



minimum **4 hours** between meals

no snacking

Modern Hero Mealplan is a flexible meal planning tool for every day. It is a three-meals-a-day plan and it is designed for weight loss and weight maintenance. There are no calorie restrictions in the Modern Hero Mealplan (MHM) instead it is designed to help you make healthier and more balanced food choices and make sure your body gets all it needs to get healthy and fit and stay that way. For the vegetarian version, see **VERO Mealplan** and for the vegan version, see [VEGO mealplan](#).

How to use it:

There are three lists to choose from - A, B and C. To design a meal using formula A+B+C pick a cup's worth of items from list A, a cup's worth from list B and up to two cups's worth from list C for a complete meal. Do the same for the formula A+C but skip list B.

List C is a "vitality" list. It is optional for the formula A+B+C but it's highly recommended that you add at least a cup's worth of items from it to your every meal for general health and well-being.

Some items are present in both list "A" and list "B". It means you can use them twice.

Example: for the formula A+B+C you can use "beans + beans + peppers". In other words you just double the amount of beans.

Measuring the amounts

You can have a go-to cup (a measuring cup or a cup that fits the volume of a measuring cup) at hand to help guide you. You don't have to be precise with the amounts. Eventually you'll be able to measure by just looking at your plate.

To Bread or not to Bread?

You have an option to add up to two slices of bread to your daily menu. If you are trying to reduce your body fat percentage, it's recommended that you skip adding bread altogether or only occasionally add one slice per day two-three times a week. Try to go for whole-grain or rye bread - white bread has next to no nutritional value and it doesn't help your body recover and grow - it just adds extra energy (calories) you then have to use up on a regular basis.

Meal timing

It's highly recommended that you don't snack in between meals. Allow a minimum of four hours to pass before your next meal to allow your blood glucose to stabilize and insulin levels to drop.

Modern Hero Mealplan and Intermittent Fasting

This plan can be adjusted to fit an intermittent fasting pattern if you are currently on one. To do that drop one of the meals (breakfast or dinner, depending on your personal preference) and instead increase the volume of the other two meals accordingly.

Cheat meals

It's perfectly ok to have cheat meals as long as it's not too often. If you are not currently trying to get trimmer it's perfectly alright to add a couple of scoops of ice cream or a chocolate for dessert twice a week. If you are having a pizza night, that's totally cool too - just make sure the rest of your meals for the day follow the A + C formula to balance it out.