

SUPER HERO

MEALPLAN

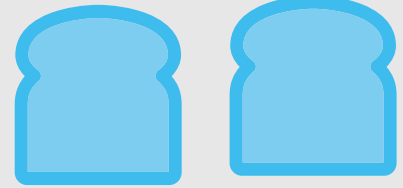
DESIGN YOUR MEAL:

MEAL 1	A + B + C
MEAL 2	A + B + C
MEAL 3	A + B

NO SNACKING!



Add 1 cup of fruit
peeled and sliced
to one meals



Two slices of bread in
total per day added to
any meal

A PICK TWO One Handful Each

- 01** Kale or lettuce
- 02** Cucumber or avocado
- 03** Tomato
- 04** Bell peppers
- 05** Broccoli
- 06** Cauliflower
- 07** Spinach
- 08** Zucchini or eggplant
- 09** Pumpkin
- 10** Mushrooms
- 11** Beetroot
- 12** Carrots
- 13** Leek or onion
- 14** Brussel sprouts
- 15** Green beans
- 16** Green peas / **HALF**

B PICK ONE 1 Cup / 150g

- 01** Eggs
- 02** Chicken or Turkey
- 03** Port or Beef
- 04** Salmon
- 05** Sardines
- 06** Prawn or squid
- 07** Tempeh
- 08** Seitan
- 09** Chickpeas
- 10** Beans
- 11** Soybeans
- 12** Split peas
- 13** Plain yogurt
- 14** Cottage cheese
- 15** Feta cheese / **HALF**
- 16** Cheese / **HALF**

C PICK ONE 1 Cup / 150g

- 01** Quinoa
- 02** Oats
- 03** Rice
- 04** Potatoes
- 05** Pasta or spaghetti
- 06** Corn
- 07** Buckwheat
- 08** Wheat
- 09** Barley
- 10** Rye
- 11** Bulgur
- 12** Lentils
- 13** Couscous
- 14** Chestnuts
- 15** Nuts / **HALF**
- 16** Seeds / **HALF**



Minimum 4 HOURS
Between Meals