



# MODERN HERO MEALPLAN

# Vegeto

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## A BUILDING 1 CUP OF ITEMS IN TOTAL

beans  
peas  
lentils  
chickpeas  
quinoa  
spelt or teff  
amaranth  
seitan  
tofu  
tempeh  
mushrooms  
imitation meat  
nut or soy milk  
vegan cheese 1/2 cup  
nut or seed butter 1/4 cup  
nuts or seeds 1/2 cup

## B ENERGY 1 CUP OF ITEMS IN TOTAL

rice  
potatoes  
potatoes, sweet  
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  
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 / VEGO** is a flexible VEGAN 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. Y

### **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 regimen. 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.