High-Protein 30g-Per-Meal Macro Planner & Prep Checklist

AEGEAN COBALT & SUN VILLA EDITION PDF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Protein							
Carbs							
Fats							
Meal							

Daily protein target

Batch cook

Prep day

Shakes

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Grocery list

- [ ] Spinach
- [ ] Chicken thighs
- [ ] Cottage cheese
- [ ] Turmeric
- [ ] Almonds
- [ ] Cucumber
- [ ] Pears
- [ ] Olive oil
- [ ] Apples
- [ ] Avocado
- [ ] Feta
- [ ] Berries
- [ ] Miso
- [ ] Greek yoghurt
- [ ] Sourdough
- [ ] Quinoa
- [ ] Beans
- [ ] Kale
- [ ] Chickpeas
- [ ] Herbs

Drinks

Dairy

Bakery

Spices