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

AMETHYST & TANGERINE COZY EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Protein							
Carbs							
Fats							
Meal							

Shakes

Prep day

Batch cook

Daily protein target

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

AMETHYST & TANGERINE COZY EDITION PDF

GROCERY LIST

- Kale
- Turmeric
- Cucumber
- Herbs
- Eggs
- Lemons
- Zucchini
- Beans
- Miso
- Cottage cheese
- Apples
- Garlic
- Tuna
- Salmon
- Quinoa
- Tomatoes
- Chickpeas
- Pumpkin seeds
- Kimchi
- Sourdough

Drinks

Spices

Household

Protein