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

CORAL & EMERALD BOTANICAL 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

- [ ] Broccoli
- [ ] Beans
- [ ] Quinoa
- [ ] Salmon
- [ ] Tomatoes
- [ ] Lentils
- [ ] Tofu
- [ ] Miso
- [ ] Zucchini
- [ ] Brown rice
- [ ] Kimchi
- [ ] Sweet potato
- [ ] Pears
- [ ] Kale
- [ ] Tuna
- [ ] Chicken thighs
- [ ] Oats
- [ ] Spinach
- [ ] Chickpeas
- [ ] Cottage cheese

Produce

Protein

Frozen

Pantry