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



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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Protein							
Carbs							
Fats							
Meal							

Daily protein target

Batch cook

Shakes

Prep day

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Grocery list

- [ ] Salmon
- [ ] Brown rice
- [ ] Tuna
- [ ] Apples
- [ ] Garlic
- [ ] Lentils
- [ ] Cottage cheese
- [ ] Kale
- [ ] Walnuts
- [ ] Greek yoghurt
- [ ] Kimchi
- [ ] Pears
- [ ] Cucumber
- [ ] Lemons
- [ ] Blueberries
- [ ] Herbs
- [ ] Pumpkin seeds
- [ ] Miso
- [ ] Tahini
- [ ] Oats

Protein

Produce

Frozen

Household