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

HOT PEONY & MINT MATCHA EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Protein							
Carbs							
Fats							
Meal							

Shakes

Batch cook

Daily protein target

Prep day

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Grocery list

- [ ] Sardines
- [ ] Herbs
- [ ] Olive oil
- [ ] Chicken thighs
- [ ] Tofu
- [ ] Sweet potato
- [ ] Garlic
- [ ] Kimchi
- [ ] Chickpeas
- [ ] Lentils
- [ ] Berries
- [ ] Miso
- [ ] Spinach
- [ ] Quinoa
- [ ] Tomatoes
- [ ] Cottage cheese
- [ ] Oats
- [ ] Blueberries
- [ ] Broccoli
- [ ] Cucumber

Dairy

Produce

Drinks

Frozen