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

INDIGO & ZINNIA MIDNIGHT EDITION PDF



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Protein							
Carbs							
Fats							
Meal							

Batch cook

Prep day

Daily protein target

Shakes

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GROCERY LIST

- ○ Tomatoes
- ○ Eggs
- ○ Chicken thighs
- ○ Almonds
- ○ Lentils
- ○ Sardines
- ○ Tofu
- ○ Ginger
- ○ Garlic
- ○ Greek yoghurt
- ○ Tahini
- ○ Spinach
- ○ Herbs
- ○ Pumpkin seeds
- ○ Sweet potato
- ○ Pears
- ○ Cucumber
- ○ Tuna
- ○ Kale
- ○ Miso

Household

Drinks

Snacks

Pantry