

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

JUNGLE LEAF & ORCHID WELLNESS EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Protein							
Carbs							
Fats							
Meal							

Prep day

Daily protein target

Batch cook

Shakes

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GROCERY LIST

- [ ] Pumpkin seeds
- [ ] Walnuts
- [ ] Sourdough
- [ ] Olive oil
- [ ] Avocado
- [ ] Turmeric
- [ ] Salmon
- [ ] Apples
- [ ] Spinach
- [ ] Almonds
- [ ] Sardines
- [ ] Feta
- [ ] Eggs
- [ ] Ginger
- [ ] Lentils
- [ ] Oats
- [ ] Tomatoes
- [ ] Pears
- [ ] Greek yoghurt
- [ ] Cucumber

Pantry

Dairy

Snacks

Drinks