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

MARIGOLD & BERRY HARVEST EDITION PDF



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Protein							
Carbs							
Fats							
Meal							

Batch cook

Prep day

Shakes

Daily protein target



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Grocery list

- [ ] Pears
- [ ] Zucchini
- [ ] Cucumber
- [ ] Sweet potato
- [ ] Kale
- [ ] Spinach
- [ ] Feta
- [ ] Sardines
- [ ] Oats
- [ ] Sourdough
- [ ] Greek yoghurt
- [ ] Lentils
- [ ] Chicken thighs
- [ ] Avocado
- [ ] Garlic
- [ ] Kimchi
- [ ] Quinoa
- [ ] Turmeric
- [ ] Almonds
- [ ] Walnuts

Spices

Pantry

Protein

Frozen