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

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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Protein							
Carbs							
Fats							
Meal							

Batch cook

Shakes

Daily protein target

Prep day

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GROCERY LIST

- [ ] Sourdough
- [ ] Chickpeas
- [ ] Zucchini
- [ ] Cucumber
- [ ] Oats
- [ ] Tahini
- [ ] Lentils
- [ ] Salmon
- [ ] Beans
- [ ] Kimchi
- [ ] Quinoa
- [ ] Ginger
- [ ] Kale
- [ ] Eggs
- [ ] Tomatoes
- [ ] Berries
- [ ] Olive oil
- [ ] Greek yoghurt
- [ ] Spinach
- [ ] Almonds

Snacks

Spices

Pantry

Household