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

TANGERINE & TEAL CITRUS EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Protein							
Carbs							
Fats							
Meal							

Batch cook

Daily protein target

Shakes

Prep day



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

TANGERINE & TEAL CITRUS EDITION PDF

GROCERY LIST

- [ ] Chicken thighs
- [ ] Tuna
- [ ] Apples
- [ ] Lemons
- [ ] Olive oil
- [ ] Tomatoes
- [ ] Blueberries
- [ ] Sourdough
- [ ] Lentils
- [ ] Pumpkin seeds
- [ ] Cottage cheese
- [ ] Garlic
- [ ] Spinach
- [ ] Tahini
- [ ] Salmon
- [ ] Feta
- [ ] Sweet potato
- [ ] Quinoa
- [ ] Herbs
- [ ] Kale

Protein

Dairy

Household

Pantry