High-Protein Macro Meal Planner & 120g+ Protein

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Protein							
Carbs							
Fats							
Meal							

Shakes

Prep day

Batch cook

Daily protein target

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Grocery list

- ○ Kale
- ○ Cucumber
- ○ Blueberries
- ○ Pumpkin seeds
- ○ Chickpeas
- ○ Kimchi
- ○ Brown rice
- ○ Pears
- ○ Garlic
- ○ Berries
- ○ Apples
- ○ Ginger
- ○ Broccoli
- ○ Zucchini
- ○ Almonds
- ○ Chicken thighs
- ○ Olive oil
- ○ Tomatoes
- ○ Sweet potato
- ○ Herbs

Produce

Protein

Bakery

Spices