



PLAN IT. PREP IT. STAY CONSISTENT.

Success in the gym starts in the kitchen.

Plan your meals before your week begins.

WEEK OF: _____ **PRIMARY GOAL:** _____ **DAILY CALORIES:** _____

PROTEIN GOAL: _____ **CARB GOAL:** _____ **FAT GOAL:** _____ **WATER GOAL:** _____

DAILY MEAL PLAN

MEAL	TIME	FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	CALORIES
MEAL 1						
MEAL 2						
MEAL 3						
MEAL 4						
MEAL 5						
MEAL 6						

GROCERY LIST

[illegible]

MEAL PREP CHECKLIST

- ☐ PROTEIN COOKED
- ☐ CARBS PREPARED
- ☐ VEGETABLES READY
- ☐ SNACKS PACKED
- ☐ WATER BOTTLES FILLED
- ☐ SUPPLEMENTS READY

WEEKLY NUTRITION REFLECTION

★ BIGGEST WIN: _____ _____	★ BIGGEST CHALLENGE: _____ _____	★ ONE IMPROVEMENT NEXT WEEK: _____ _____
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YOU DON'T HAVE TO BE EXTREME. JUST CONSISTENT.