

SAMPLE MEAL PLAN

Daily Targets

Calories: kcal

Protein (*min*): g | Carbohydrates: g | Fat (*max*): g



<https://myhealthengineer.com/calorie-and-macro-calculator/>

DAILY CALORIES AND MACROS

	kcal	P (g)	C (g)	F (g)
Breakfast				
Lunch				
Afternoon snack				
Dinner				
Side Dishes				
Desserts				
<i>Daily Average</i>				

Notes:



BREAKFASTS THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
<i>Mon</i>					
<i>Tue</i>					
<i>Wed</i>					
<i>Thu</i>					
<i>Fri</i>					
<i>Sat</i>					
<i>Sun</i>					
Week Average					



LUNCHES THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
<i>Mon</i>					
<i>Tue</i>					
<i>Wed</i>					
<i>Thu</i>					
<i>Fri</i>					
<i>Sat</i>					
<i>Sun</i>					
Week Average					



AFTERNOON SNACKS THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
<i>Mon</i>					
<i>Tue</i>					
<i>Wed</i>					
<i>Thu</i>					
<i>Fri</i>					
<i>Sat</i>					
<i>Sun</i>					
Week Average					



DINNERS THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
<i>Mon</i>					
<i>Tue</i>					
<i>Wed</i>					
<i>Thu</i>					
<i>Fri</i>					
<i>Sat</i>					
<i>Sun</i>					
Week Average					



SIDES DISHES THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
<i>Mon</i>					
<i>Tue</i>					
<i>Wed</i>					
<i>Thu</i>					
<i>Fri</i>					
<i>Sat</i>					
<i>Sun</i>					
Week Average					



DESSERTS THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
<i>Mon</i>					
<i>Tue</i>					
<i>Wed</i>					
<i>Thu</i>					
<i>Fri</i>					
<i>Sat</i>					
<i>Sun</i>					
Week Average					



SHOPPING LIST

[illegible]