

Daily macros + meal plan

Set your targets, choose your food and plan the portions you will eat.

Name: _____ Date: _____

MY DAILY TARGETS

Calories (kcal)

Protein (g)

Carbs (g)

Fat (g)

Get your targets at thestrongtable.com/macro-calculator
Write nutrition totals for the portions you will eat, including drinks and sauces.

Meal	Food / recipe	Servings	kcal	Protein g	Carbs g	Fat g
Breakfast						
Snack 1						
Lunch						
Snack 2						
Dinner						
Snack 3						

PLANNED TOTAL _____

PREPARATION & SMALL ADJUSTMENTS

Use your own targets. Recipe and label nutrition values are estimates.

Weekly menu + shopping list

Choose a realistic week. Check what you already have before shopping.

Week starting: _____

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Item	Quantity / unit	Category	Have it?

Preparation: _____

Use recipe ingredients and serving counts to calculate shopping quantities.

Browse recipes at thestrongtable.com/recipes. Print extra copies for future weeks.