Cracking the Code on Macros

PLANNING MEALS WITH PROTEIN, NUTRIENT RICH CARBS & HEALTHY FATS



TODAY I PLANNED MY MEALS TO INCLUDE MY MACROS MODULES

SUNDAY	☐	I am learning each day!.
MONDAY	☐	I am doing the dip & dab!
TUESDAY	☐	I am buying round or loin!
WEDNESDAY	☐	I am looking at serving sizes!
THURSDAY	☐	I can convert grams to ounces!
FRIDAY	☐	I am watching out for saturated fat!
SATURDAY	☐	I am on a roll! (whole grain not multigrain)

MY GOAL

I will plan my day to include lean protein, nutrient-rich carbs and healthy fat in my daily intake.

☐ yes! I did it!

☐ next week I will definitely nail this goal!