

# VEGETARIAN MACRO TRACKER

Date: \_\_\_\_\_

MEAL TYPE	VEGETARIAN FOOD ITEMS	PROT (G)	CARB (G)	FAT (G)	CALS
<b>Breakfast</b>	<i>e.g., Greek yogurt, berries, hemp seeds</i>				
<b>Lunch</b>	<i>e.g., Quinoa bowl, chickpeas, avocado</i>				
<b>Dinner</b>	<i>e.g., Tempeh stir-fry, broccoli, brown rice</i>				
<b>Snacks / Shakes</b>	<i>e.g., Almonds, cottage cheese, protein shake</i>				
<b>Daily Totals:</b>					

Daily Water Intake:



Notes / Supplements:

(B12, Iron, Omega-3, etc.)