

DAILY MACRO TRACKER

Advanced High-Protein Protocol

DATE

TARGET CALORIES
PROTEIN GOAL (G)
CARB LIMIT (G)
FAT LIMIT (G)

TIME / MEAL	FOOD DESCRIPTION	PROTEIN	CARBS	FATS	CALS
07:00 Breakfast					
10:30 Snack					
13:00 Lunch					
16:00 Pre-Workout					
19:00 Dinner					
21:30 Evening Snack					

TRAINING & RECOVERY NOTES

Focus:

HYDRATION (LITERS)