

HIGH PROTEIN WEIGHT LOSS ROUTINE

Balanced Nutrition & Strength Daily Tracker

Target Protein: _____ g Daily Calorie Goal: _____ kcal Week of: _____

TIME	MEAL / NUTRITION FOCUS	CHECKLIST
Morning	30g+ Protein Breakfast (Eggs, Greek Yogurt, or Whey) High Satiety	☐ 16oz Water ☐ Vitamins/Supps
Mid-Day	Lean Protein + Fibrous Greens (Chicken/Tofu Salad) Volume Eating	☐ 10k Steps Goal ☐ No Liquid Calories
Afternoon	Protein Snack (Cottage Cheese or Jerky) Metabolic Support	☐ Stand/Stretch ☐ 16oz Water
Evening	Protein + Complex Carb (Fish/Steak & Sweet Potato) Recovery	☐ No Food 3hrs pre-sleep

Resistance Training

- Compound Lifts (Squats, Press, Rows)
- Rest 60-90s between sets
- Prioritize form over weight

Daily Recovery

- 7-8 Hours Sleep
- Daily Magnesium
- Active Recovery (Walking/Yog)

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