# HIGH PROTEIN DIET TRACKER

**DATE: _____ TARGET CALORIES: _____ PROTEIN GOAL (G): _____**

| MEAL TIME | FOOD ITEM / DESCRIPTION | PROTEIN (G) | CALORIES |
|---|---|---|---|
| Breakfast | | | |
| Snack 1 | | | |
| Lunch | | | |
| Snack 2 | | | |
| Dinner | | | |
| Post-Workout | | | |
| | **TOTALS:** | | |

**Notes / Supplements:**

Daily Water Intake: â—‹ â—‹ â—‹ â—‹ â—‹ â—‹ â—‹ â—‹