

Daily Food & Macro Log

Date: _____ Calorie goal: _____

Breakfast

CAL P C F

Lunch

CAL P C F

Dinner

CAL P C F

Snacks

CAL P C F

DAILY TOTAL

CAL

P

C

F

WATER

NOTES

Weekly Meal Planner

Week of: _____

	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Grocery List

Week of: _____

Produce

[illegible]

Protein

[illegible]

Dairy & Eggs

[illegible]

Grains & Carbs

[illegible]

Pantry & Snacks

[illegible]

Other

[illegible]

Macro Cheat Sheet

Set your targets in 3 steps — no subscription required

1 • Find your calories

Estimate maintenance calories (bodyweight lb \times 14–16 for most people).

To lose fat: subtract 300–500/day. To gain: add 250–500/day.

2 • Set protein first

Aim for 0.7–1.0 g protein per lb of bodyweight — it keeps you full and protects muscle. Protein = 4 cal/g.

3 • Split the rest (carbs + fat)

Fat: 0.3–0.4 g per lb (min for hormones). Fat = 9 cal/g.

Carbs: fill the remaining calories. Carbs = 4 cal/g.

Hand-portion guide (no scale needed)

Protein = 1 palm · Carbs = 1 cupped hand · Fat = 1 thumb

Veggies = 1 fist. Roughly 1–2 of each per meal is a solid default.

Pair this pack with the free tracker: atlas-asittley.github.io/calorie-tracker

Weight & Progress Tracker

Log weekly — trends matter more than any single day