

# protein Tracker

To calculate your protein goal, find your weight in kilograms by dividing your weight in lbs by 2.2.  
Next, take that number and multiply by 1.2.

DAILY PROTEIN GOAL: \_\_\_\_\_

Divide protein goal by how many meals you typically eat per day (goal per meal): \_\_\_\_\_

\*\*If adding snacks, aim for 10-15 grams of protein per snack.\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MEAL 1</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 1</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 1</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 1</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 1</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 1</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 1</b> Protein consumed: _____ Goal Met <input type="checkbox"/>
<b>MEAL 2</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 2</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 2</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 2</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 2</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 2</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 2</b> Protein consumed: _____ Goal Met <input type="checkbox"/>
<b>MEAL 3</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 3</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 3</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 3</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 3</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 3</b> Protein consumed: _____ Goal Met <input type="checkbox"/>	<b>MEAL 3</b> Protein consumed: _____ Goal Met <input type="checkbox"/>
Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>
Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>	Snack Goal: _____ Protein consumed: _____ Goal Met <input type="checkbox"/>
Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____



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