

MY MEAL PLAN

MY TDEE IS: _____

MY GOAL IS: **WEIGHT LOSS** **MUSCLE GAIN**
(CIRCLE ONE)

MY DAILY CALORIE TARGET IS _____

MY MACRO SPLIT IS ____ % CARBS ____ % PROTEIN ____ % FAT

MY DAILY MACRO TARGETS (IN GRAMS):

CARBS: ____ PROTEIN: ____ FAT: ____

NOTES