Macro Diet Plan

Patient information				
Name:	Date of birth:			
Height:	Weight:			
Age:	Date:			
Goals				
Macro breakdown (per meal)				
Carbohydrates (% or grams):				
Proteins (% or grams):				
Fats (% or grams):				

Weekly diet plan

Week 1					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					

Day	Breakfast	Lunch	Snack	Dinner	Notes
4					
5					
6					
7					
Week	2				
1					
2					
3					
4					

Day	Breakfast	Lunch	Snack	Dinner	Notes
5					
6					
7					
Week	3				
1					
2					
3					
4					
5					

Day	Breakfast	Lunch	Snack	Dinner	Notes
6					
7					
Week 4	4				
1					
2					
3					
4					
5					
6					

Sample diet plan Day Breakfast Lunch Snack Dinner Notes Oatmeal with almond butter and mixed berries (40g carbs, 10g protein, 15g fat) Shopping list Additional notes Srack Dinner Notes Salmon with sweet potato and asparagus (40g carbs, 20g protein, 10g fat) Shapping list Healthcare professional information Name:	Day	Breakfast	Lunch	Snack	Dinner	Notes	
Day Breakfast Lunch Snack Dinner Notes	7						
Oatmeal with almond butter and mixed berries (40g carbs, 10g protein, 15g fat) Shopping list Oatmeal with almond butter and mixed berries (40g carbs, 10g protein, 15g fat) Shopping list Greek yogurt with a handful of nuts (15g carbs, 20g protein, 10g fat) Shopping list Salmon with sweet potato and asparagus (40g carbs, 30g protein, 20g fat) Salmon with sweet potato and asparagus (40g carbs, 30g protein, 20g fat) Shopping list Healthcare professional information	Sampl	e diet plan					
almond butter and mixed berries (40g carbs, 10g protein, 15g fat) Shopping list Additional notes with quinoa and steamed broccoli (30g carbs, 20g protein, 10g fat) with a handful of nuts (15g carbs, 20g protein, 10g fat) sweet potato and asparagus (40g carbs, 30g protein, 10g fat) Shopping list Additional notes	Day	Breakfast	Lunch	Snack	Dinner	Notes	
Additional notes Healthcare professional information	1	almond butter and mixed berries (40g carbs, 10g protein, 15g	with quinoa and steamed broccoli (30g carbs, 35g protein, 10g	with a handful of nuts (15g carbs, 20g protein, 10g	sweet potato and asparagus (40g carbs, 30g protein,	Stay hydrated.	
Healthcare professional information	Shopp	oing list					
Name'							
License ID number:							
Signature:							
Date:	Date:						