

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					
1					
2					
3					
4					
5					
6					

Day	Breakfast	Lunch	Snack	Dinner	Notes
7					

Sample diet plan

Day	Breakfast	Lunch	Snack	Dinner	Notes
1	Oatmeal with almond butter and mixed berries (40g carbs, 10g protein, 15g fat)	Grilled chicken with quinoa and steamed broccoli (30g carbs, 35g protein, 10g fat)	Greek yogurt with a handful of nuts (15g carbs, 20g protein, 10g fat)	Salmon with sweet potato and asparagus (40g carbs, 30g protein, 20g fat)	Stay hydrated.

Shopping list

Additional notes

Healthcare professional information

Name:

License ID number:

Signature:

Date: