

DAILY PROTEIN *tracker*



MONTH _____

WEEK _____

DAILY GOAL _____

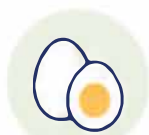
(Follow your provider's recommended goal.)

DAY	BREAKFAST 	LUNCH 	DINNER 	SNACK(S) 
SUNDAY	☐	☐	☐	☐
MONDAY	☐	☐	☐	☐
TUESDAY	☐	☐	☐	☐
WEDNESDAY	☐	☐	☐	☐
THURSDAY	☐	☐	☐	☐
FRIDAY	☐	☐	☐	☐
SATURDAY	☐	☐	☐	☐



CHECK THE BOX EACH TIME YOU INCLUDE A PROTEIN-RICH FOOD WITH YOUR MEAL.

EXAMPLES OF PROTEIN SOURCES



Eggs



Chicken, turkey or fish



Greek yogurt



Cottage cheese



Tofu or tempeh



Protein shake



Beans & lentils



Tuna



Lean beef or pork



Shrimp or seafood



Cheese



Edamame