

Your Weekly Breakfast & Snack Protein Tracker

Menu

Protein

Water tracker

mon	<u>Protein Blended Overnight Oats</u> <u>Chocolate Oatmeal Brownie Balls</u> additional: _____	_____ 26 grams _____ 4 grams your total: _____	
tue	<u>Strawberry Smoothie (no banana)</u> <u>Soft Chocolate Protein Bars</u> additional: _____	_____ 5 grams _____ 5 grams your total: _____	
wed	<u>Protein Banana Smoothie Bowl</u> <u>7 Overnight Oat Flavors</u> additional: _____	_____ 15 grams _____ 11 grams your total: _____	
thu	<u>Chocolate Chia Pudding Bites</u> <u>Oatmeal Chocolate Chip Cookie Bars</u> additional: _____	_____ 3 grams _____ 3 grams your total: _____	
fri	<u>Oatmeal Protein Balls (no bake).</u> <u>Pistachio Brownies (no bake).</u> additional: _____	_____ 4 grams _____ 5 grams your total: _____	
sat	<u>Peanut Butter Oatmeal Smoothie</u> <u>Cookie Dough Quinoa Crunch Bars</u> additional: _____	_____ 12 grams _____ 14 grams your total: _____	
sun	<u>Pineapple Smoothie (anti-inflammatory).</u> <u>Chocolate Chickpea Brownies</u> additional: _____	_____ 5 grams _____ 4 grams your total: _____	

Protein is one of the primary macros needed for energy,
maintenance, and growth.

Find healthy snack recipes at [GreenSmoothieGourmet.com](https://www.GreenSmoothieGourmet.com)