01 / DAILY SYSTEM

Daily Nutrition Planner

Plan the day. Track the inputs. Adjust from real data, not guesswork.

DATE	PRIMARY GOAL	TRAINING TODAY	BODYWEIGHT (OPTIONAL)

DAILY TARGETS

CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	WATER

MEALS / FOOD LOG

TIME	MEAL / FOOD	AMOUNT	PROTEIN	CARBS	FAT	CALORIES
		ACTUAL TOTAL				
		REMAINING / OVER				

QUICK REVIEW

ENERGY 1–5	HUNGER 1–5	DIGESTION 1–5	SLEEP (HRS)	TRAINING / RECOVERY NOTE

NOTES / ADJUSTMENTS

02 / WEEKLY SYSTEM

Weekly Plan + Prep

Build the week before the week builds you. Keep the system simple enough to follow.

WEEK OF	PRIMARY GOAL	AVERAGE CALORIE TARGET	PROTEIN FLOOR

WEEK AT A GLANCE

DAY	TRAINING	FIRST MEAL	MAIN MEAL	LATER MEAL / SNACK	NOTES
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

GROCERY + PREP

GROCERY LIST

PROTEIN	
PRODUCE / CARBS	
FATS / EXTRAS	
BREAKFAST	
SNACKS	
OTHER	

PREP + ADJUSTMENT

BATCH COOK / PREP
WHAT WORKED LAST WEEK?
WHAT CHANGES THIS WEEK?
ONE NON-NEGOTIABLE

Use the planner to reduce friction, not create it. Track enough to learn. Adjust only when the data gives you a reason.