

WEEKLY CHECKLIST

01 | PLAN FOR UPCOMING WEEK

Create your meal map
Create your grocery list

02 | GO GROCERY SHOPPING

Don't shop while you're hungry
Stick to your list

03 | BULK COOK (1-2X/WK)

Bulk cook meat & veggies
Learn to love the crock pot

04 | SCHEDULE YOUR WORKOUTS

Make note in your calendar
Commit to your health

05 | WEEKLY CHECK-IN

Review your week & ask for help if needed
wk 1 __ wk 2 __ wk 3 __ wk 4 __ wk 5 __ wk 6 __



PROGRESS

INITIAL WEIGH-IN NUMBERS

Weight: ____ Muscle: ____ Fat: ____ BF% ____
Arm: ____ Thigh: ____ Waist: ____ Hips: ____

HALF WAY WEIGH-IN NUMBERS

Weight: ____ Muscle: ____ Fat: ____ BF% ____

FINAL WEIGH-IN NUMBERS

Weight: ____ Muscle: ____ Fat: ____ BF% ____
Arm: ____ Thigh: ____ Waist: ____ Hips: ____

EAT AND DRINK THIS

BEVERAGES

Water
Coffee (*Unsweetened & Unflavored*)
Tea

PROTEIN

Lean Meats
Eggs
Fish

FATS

Fish Oil
Coconut Oil
Avocado Oil
Olive Oil
Nuts/Seeds

SNACKS

Fruits
Vegetables
Nuts
Seeds

STARCHES

Quinoa
Brown Rice
Oats

SWEETS

Fruits
Berries

CONDIMENTS

Homemade Salad Dressings (*Oil & Vinegar*)
Mustards
Hot Sauces

FRUITS & VEGGIES

Fresh, Canned or Frozen

BAKED GOODS

Nothing

BEVERAGES

Soda
Fruit Juice
Cow's Milk
Sports Drinks
Coffee Creamer

PROTEIN

Pepperoni
Hot Dogs
Brats
Packaged Deli Meat

FATS

Vegetable Oils
Margarine
"I can't believe it's not butter" butter

SNACKS

Cliff Bars
Power Bars
Nature Valley Bars
Granola Bars

GRAINS

Cereal
Bread
Crackers

SWEETS

Candy Bars
Ice Cream
Flavored Yogurts

CONDIMENTS

Jellies & Jams
Ketchup
Mayonaise
Commercial Salad Dressings

BAKING

Flour
Maple Syrup
Honey
Gluten
Thickeners

DON'T EAT OR DRINK THIS