

-Key is opt for foods *mostly* high in 1 macro- standard “bro” foods.

-Adjust *portion* to modify macro/kcal content.



	DAY OF WEEK/WEEK OF MONTH.	DAY OF WEEK/WEEK OF MONTH.	DAY OF WEEK/WEEK OF MONTH.
PROTEIN			
CARBS			
FAT			
FIBER (FRUIT/VEGGIE, ETC.)			