



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 / WEEK)

Bulk cook meat & veggies
Learn to love cooking

04 | SCHEDULE YOUR ACTIVITY

Be intentional with your activity and training
Make a note in your calendar, commit to your health

05 | DAILY & WEEKLY CHECK IN

Answer daily questions
Ask for help if needed

TRACK PROGRESS

MEASURE

Track progress in MyFitnessPal or personal journal.

First thing in the morning...
Weigh In (3x per week, suggested MWF)
Mirror Selfie (3x per week)
Waist measurement (1-2x per week)

BUILDING ROUTINE

PLAN

Spend time mapping out your week ahead of time...
What score would like to achieve?
Identify the days you might go off plan.
Plan out your training days.
What kind of habits and rituals are you going to build into this week to achieve those numbers?

EAT AND DRINK THIS

BEVERAGES

Water
Coffee/Tea
(Unsweetened & Unflavored)

PROTEIN

Lean Meats
Eggs
Fish

FRUITS & VEGGIES

Fresh, Canned, or Frozen

STARCHES

Quinoa
Rice
Oats
Potatoes

SWEETS

Fruits
Berries

CONDIMENTS

Homemade Dressings
(Oil and Vinegar)
Broth
Salsa
Mustard
Hot Sauce

FATS

Olive Oil Cooking Spray
Fish Oil
Coconut / Olive Oil
Avocado
Nuts/Seeds

SNACKS

Fruits
Vegetables
Nuts
Seeds

BAKED GOODS

Nothing



DON'T EAT OR DRINK THIS

BEVERAGES

Soda
Fruit Juice
Sports Drinks
Alcohol

PROTEIN

Pepperoni
Hot Dogs
Packaged Deli Meats

STARCHES

Cereals
Bread
Crackers
Pasta

SWEETS

Candy Bars
Ice Cream
Flavored Yogurts

CONDIMENTS

Jellies & Jams
Mayonaise
Commercial Salad Dressings
Heavy Sugar based Sauces

FATS

Vegetable Oils
Margarine

SNACKS

Cliff Bars
Power Bars
Protein Bars
Nature Valley Bars
Granola Bars

BAKING

Flour
Syrup
Honey
Gluten
Thickeners

