



Petal & Paper

YOUR FREE PRINTABLE

Daily macro and nutrition tracker



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M A C R O T R A C K E R

daily nutrition

Date · ____ **Targets:** P ____g C ____g F ____g Cals ____

Breakfast · ____ P: ____ C: ____ F: ____ Cals: ____

Lunch · ____ P: ____ C: ____ F: ____ Cals: ____

Dinner · ____ P: ____ C: ____ F: ____ Cals: ____

Snacks · ____ P: ____ C: ____ F: ____ Cals: ____

Daily total · P: ____g C: ____g F: ____g Cals: ____

vs target · Protein hit: ☐ Within calories: ☐ Notes: ____

P R O T E I N F I R S T · T H E R E S T F O L L O W S ·
C O N S I S T E N C Y B E A T S P E R F E C T I O N

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