Calorie and macro targets

Your numbers on one page, and the meals that get you there.

NAME _____ DATE _____ MY GOAL _____

DAILY TARGETS

CALORIES

PROTEIN (G)

CARBS (G)

FAT (G)

Not sure of your numbers? Work them out from your age, height and training at heftic.com/tools/food-targets.

PROTEIN PER MEAL

BREAKFAST

LUNCH

DINNER

SNACKS

MEALS THAT GET ME THERE