

Your 7-Day Repeatable Protein Experiment

Choose a breakfast and lunch you enjoy, calculate them once, and notice whether fewer food decisions make your week easier.

Success means learning what repeats well - not completing seven perfect days.

Set up your defaults

BREAKFAST I WILL REPEAT

APPROXIMATE BREAKFAST PROTEIN

LUNCH I WILL REPEAT

APPROXIMATE LUNCH PROTEIN

FLEXIBLE FAMILY DINNERS THIS WEEK

OPTIONAL SNACK IF DINNER IS LOWER

Track the routine, not every bite

DAY	BREAKFAST	LUNCH	DINNER / SNACK	FEWER DECISIONS?
DAY 1	☐	☐	☐	☐
DAY 2	☐	☐	☐	☐
DAY 3	☐	☐	☐	☐
DAY 4	☐	☐	☐	☐
DAY 5	☐	☐	☐	☐
DAY 6	☐	☐	☐	☐
DAY 7	☐	☐	☐	☐

One hundred grams is Priyanka's personal example, not a universal target. Use a target appropriate for you.

This worksheet is educational and does not provide individualized nutrition or medical advice.

repeatable-protein