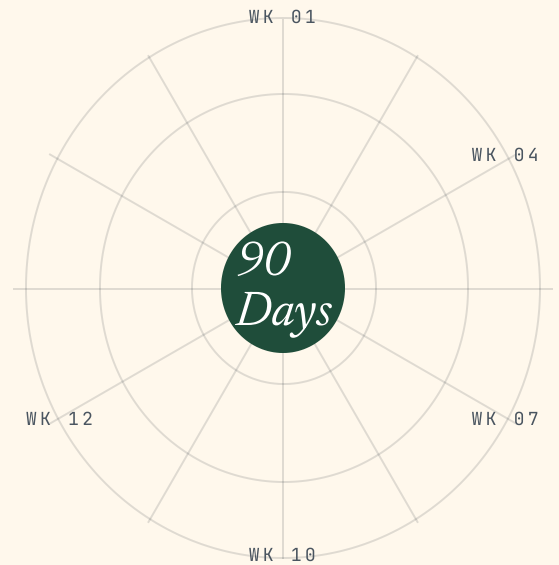


The 90-Day GLP-1 *Meal System.*

A 12-week meal planning structure for variety, consistency, and confidence — built around protein anchors, easy combinations, and a default rhythm you can repeat.



SYSTEM

3 phases

CADENCE

12 weekly pages

OUTPUT

Your default week

USE AS

Educational planner



Disclaimer.

Read this before using the system.

This guide is for educational purposes only and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician, registered dietitian, or qualified healthcare provider before making changes to your diet, medication, supplements, or health routine.

01

Welcome.

A flexible weekly rhythm for protein-first meal planning.

The 90-Day GLP-1 Meal System provides a flexible weekly rhythm for protein-first meal planning, with more meal ideas, simple grocery structure, smaller-portion options, and a way to keep meals organized without relying on one or two foods forever.

Use it as an educational planning system. Swap ingredients freely, adjust portions, and follow guidance from your healthcare provider.

02

How the 90-day system works.

Each week includes the same eight components – read once, then plan in minutes.

-
- 01 **Weekly focus.**
The single planning idea for the week – what you're trying to make easier.
-
- 02 **Meal planning goal.**
A small, achievable target for the week.
-
- 03 **Protein anchors.**
A short list of proteins to choose from – pick what's realistic.
-
- 04 **Easy meal combinations.**
Specific ways to combine the anchors into low-effort meals.
-
- 05 **Grocery list.**
A starter shopping list – buy only what fits your household.
-
- 06 **Mini-meal ideas.**
Smaller plates for between meals or low-appetite moments.
-
- 07 **Eating-out option.**
One restaurant default to pair with the week.
-
- 08 **Reflection prompt.**
One question at the end of the week to capture what worked.
-

USE IT AS A MENU, NOT A SCRIPT.

You do not need to follow the weeks perfectly. The value is in building a repeatable planning system: choose protein anchors, make small plates, keep fallback meals ready, and review what worked.

03

Before you begin: 90-day setup.

Use this setup page once, then revisit it every four weeks.

QUICK WIN

Do not plan 90 days at once. Plan one week, repeat what worked, and use the next week to add only one new idea.

SETUP • FILL IN ONCE, REVISIT MONTHLY

Your starting defaults.

A short snapshot of what already feels easy.

MY EASIEST BREAKFAST _____

MY EASIEST LUNCH _____

MY EASIEST DINNER _____

MY EASIEST MINI-MEAL _____

MY EASIEST RESTAURANT ORDER _____

MY TOP 5 PROTEIN ANCHORS _____

FOODS I KEEP LIGHT WHEN THEY
DON'T SIT WELL

GROCERY ITEMS TO KEEP AVAILABLE
WEEKLY

PLANNING DAY

REVIEW DAY

04

How to use the 12 weekly pages.

Each week is a menu of options, not a strict assignment.

-
- 01 **Pick 2 protein anchors.**
From the week's list – the ones that sound realistic to you.
-
- 02 **Pick 2 meal combinations.**
Just two. The point is repetition, not variety.
-
- 03 **Pick 1 mini-meal.**
Keep something on hand for low-appetite moments.
-
- 04 **Pick 1 eating-out option.**
One restaurant default for the week.
-
- 05 **Shop from the list.**
Only buy what fits your household – the list is a menu.
-
- 06 **Answer the reflection prompt.**
One sentence at the end of the week.
-

WEEKLY SCORECARD

The weekly planning scorecard.

The goal is awareness, not perfection. Use this each week.

PROTEIN ANCHOR AVAILABLE MOST
DAYS

Yes / No

USED AT LEAST ONE MINI-MEAL

Yes / No

HAD A FALLBACK MEAL READY

Yes / No

USED A RESTAURANT OR TRAVEL
DEFAULT

Yes / No

KNOW ONE MEAL TO REPEAT NEXT
WEEK

Yes / No

ONE THING TO SIMPLIFY

05

90-day progress map.

Use this page to see the system working over time.

WEEKS 1-4 · SIMPLE DEFAULTS

What got easier.

DEFAULT BREAKFAST DISCOVERED

DEFAULT LUNCH DISCOVERED

DEFAULT DINNER DISCOVERED

BEST MINI-MEAL

GROCERY ITEM TO REPEAT

WEEKS 5-8 · USEFUL VARIETY

What you added.

NEW MEAL WORTH KEEPING

NEW RESTAURANT ORDER WORTH
KEEPING

NEW GROCERY SHORTCUT

FOOD OR MEAL TO RETIRE

WEEKS 9-12 · DEFAULT RHYTHM

What stays.

MY EASIEST WEEKLY RHYTHM

MY TOP 5 MEALS

MY TOP 3 BACKUPS

MY MAINTENANCE QUESTION

PHASE ONE · WEEKS 1-4

01

Stabilize and *simplify*.

Easy defaults, small meals, protein anchors, hydration awareness, and low-effort groceries. The goal is to make planning feel more manageable.

FOCUS

A short list of foods that feel easy to buy, prepare, and repeat.

PHASE 1 SUCCESS

You finish the phase with three meals you can repeat without thinking.

CADENCE

Four weeks · One reflection per week.

01

PHASE 1 · STABILIZE

Build your protein anchor list.

Choose 5 protein foods that sound realistic this week.

WEEKLY FOCUS

Build your protein anchor list.

MEAL PLANNING GOAL

Choose 5 protein foods that sound realistic.

PROTEIN ANCHORS

Greek yogurt · eggs · rotisserie chicken · tuna · turkey slices.

EASY MEAL COMBINATIONS

Greek yogurt bowl · egg bites and fruit · chicken rice cup · turkey roll-up plate.

GROCERY LIST

Greek yogurt, eggs, chicken, tuna packets, turkey, berries, rice cups, crackers, cucumbers, cottage cheese.

MINI-MEAL IDEAS

Yogurt cup · cheese stick and fruit · tuna crackers.

EATING-OUT OPTION

Coffee shop egg bites or protein box.

END-OF-WEEK ACTION

Move the easiest protein anchor to next week's list.

Reflection prompt.

Which protein felt easiest this week?

MY 2 ANCHORS THIS WEEK

2 MEAL COMBINATIONS I'LL TRY

1 MINI-MEAL TO KEEP ON HAND

1 RESTAURANT DEFAULT

REFLECTION ANSWER

02

PHASE 1 · STABILIZE

Create two no-cook defaults.

Have lunch options that require no cooking.

WEEKLY FOCUS

Create two no-cook defaults.

MEAL PLANNING GOAL

Have lunch options that require no cooking.

PROTEIN ANCHORS

Cottage cheese · tuna · turkey · shrimp · protein shake.

EASY MEAL COMBINATIONS

Cottage cheese and peaches · tuna rice cup · shrimp avocado plate · turkey mini wrap.

GROCERY LIST

Cottage cheese, tuna packets, cooked shrimp, turkey slices, wraps, peaches, applesauce, avocado, cheese bowl, rice cups.

MINI-MEAL IDEAS

Protein shake over ice · turkey roll-ups · cottage

EATING-OUT OPTION

Fast casual grilled chicken bowl with smaller rice portion.

REFLECTION PROMPT

What no-cook meal would you repeat?

Plan + reflection.

Choose, then look back.

MY 2 NO-COOK LUNCHES

MINI-MEAL TO REPEAT

RESTAURANT DEFAULT TRIED

REFLECTION ANSWER

03

PHASE 1 · STABILIZE

Add gentle variety.

Try two new flavors without making meals complicated.

WEEKLY FOCUS

Add gentle variety.

MEAL PLANNING GOAL

Try two new flavors without making meals complicated.

PROTEIN ANCHORS

Salmon · chicken meatballs · tofu · eggs · Greek yogurt.

EASY MEAL COMBINATIONS

Salmon rice bowl · chicken meatballs with marinara · tofu soup · egg salad toast.

GROCERY LIST

Salmon, chicken meatballs, tofu, eggs, Greek yogurt, rice, marinara, soup broth, toast, soft vegetables.

MINI-MEAL IDEAS

Egg salad crackers · tofu cubes with rice · yogurt drink.

EATING-OUT OPTION

Sushi with protein-first choices and edamame.

REFLECTION PROMPT

Which flavor felt satisfying without feeling too heavy?

Plan + reflection.

Two new flavors – chosen and reviewed.

NEW FLAVOR 1

NEW FLAVOR 2

MINI-MEAL KEPT ON HAND

REFLECTION ANSWER

04

PHASE 1 · STABILIZE

Build your fallback meal shelf.

Keep 5 emergency options available.

WEEKLY FOCUS

Build your fallback meal shelf.

MEAL PLANNING GOAL

Keep 5 emergency options available.

PROTEIN ANCHORS

Tuna packets · protein shakes · soup with chicken
· Greek yogurt · boiled eggs.

EASY MEAL COMBINATIONS

Tuna crackers · chicken soup · yogurt and fruit ·
boiled egg plate.

GROCERY LIST

Shelf-stable tuna, protein shakes, soup, eggs,
yogurt, crackers, applesauce, frozen vegetables.

MINI-MEAL IDEAS

Half shake · soup cup · egg and fruit.

EATING-OUT OPTION

Airport or convenience store protein box.

REFLECTION PROMPT

What saved you on a low-energy day?

Plan + reflection.

Build your shelf, then review.

MY 5 FALLBACK OPTIONS

WHERE I STORE THEM

REFLECTION ANSWER

PHASE 1 CHECKPOINT

By now, aim to identify at least three meals that are easy enough to repeat. Mark them in your setup page before moving to Phase 2.

PHASE TWO · WEEKS 5-8

02

Build *variety*.

Add new flavors, textures, restaurants, and grocery combinations so you do not feel stuck with the same few meals.

FOCUS

Variety that doesn't make the plan harder to follow.

PHASE 2 SUCCESS

You add flavors and textures without losing momentum.

CADENCE

Four weeks · Keep what works, drop what doesn't.

Build variety with bowls.

Make three small bowl combinations.

WEEKLY FOCUS

Build variety with bowls.

MEAL PLANNING GOAL

Make three small bowl combinations.

PROTEIN ANCHORS

Chicken · shrimp · tofu · lean beef · salmon.

EASY MEAL COMBINATIONS

Chicken taco bowl · shrimp rice bowl · tofu teriyaki bowl · salmon cucumber bowl.

GROCERY LIST

Chicken, shrimp, tofu, salmon, rice, salsa, cucumbers, cooked vegetables, avocado.

MINI-MEAL IDEAS

Shrimp and cucumber · chicken snack plate · tofu soup.

EATING-OUT OPTION

Mexican bowl with grilled protein.

REFLECTION PROMPT

Which bowl was easiest to assemble?

Plan + reflection.

3 BOWLS I'LL TRY

BOWL BASE I'LL KEEP STOCKED

REFLECTION ANSWER

06

PHASE 2 · VARIETY

Breakfast defaults.

Choose three breakfasts you can repeat.

WEEKLY FOCUS

Breakfast defaults.

MEAL PLANNING GOAL

Choose three breakfasts you can repeat.

PROTEIN ANCHORS

Eggs · Greek yogurt · cottage cheese · kefir · turkey sausage.

EASY MEAL COMBINATIONS

Egg bites and fruit · yogurt bowl · cottage cheese toast · kefir smoothie.

GROCERY LIST

Eggs, Greek yogurt, cottage cheese, kefir, berries, bananas, toast, egg bite ingredients.

MINI-MEAL IDEAS

Yogurt drink · egg muffin · cottage cheese and applesauce.

EATING-OUT OPTION

Diner eggs with toast or fruit.

REFLECTION PROMPT

Which breakfast felt easiest to repeat?

Plan + reflection.

3 BREAKFASTS I'LL TRY

BREAKFAST I'LL REPEAT NEXT WEEK

REFLECTION ANSWER

07

PHASE 2 · VARIETY

Restaurant rhythm.

Pick safe-feeling restaurant defaults.

WEEKLY FOCUS

Restaurant rhythm.

MEAL PLANNING GOAL

Pick safe-feeling restaurant defaults.

PROTEIN ANCHORS

Grilled chicken · shrimp · salmon · eggs · turkey.

EASY MEAL COMBINATIONS

Fajita plate · grilled nuggets and fruit · salmon appetizer · turkey sandwich half.

GROCERY LIST

Home fallback meals for after restaurant days: soup, yogurt, tuna, eggs, rice cups.

MINI-MEAL IDEAS

Soup cup · yogurt · cheese and fruit.

EATING-OUT OPTION

Choose one card from the Restaurant Quick-Reference Cards.

REFLECTION PROMPT

What restaurant order felt simple?

Plan + reflection.

RESTAURANT CARD CHOSEN

ORDER I MADE

REFLECTION ANSWER

Texture options.

Identify soft, crunchy, warm, and cold options.

WEEKLY FOCUS

Texture options.

MEAL PLANNING GOAL

Identify soft, crunchy, warm, and cold options.

PROTEIN ANCHORS

Greek yogurt · cottage cheese · chicken soup ·
tuna · tofu.

EASY MEAL COMBINATIONS

Yogurt smoothie · cottage cheese bowl · chicken
soup · tofu rice bowl.

GROCERY LIST

Yogurt, cottage cheese, broth, chicken, tuna, tofu,
rice, applesauce, crackers, cooked vegetables.

MINI-MEAL IDEAS

Smoothie · tuna crackers · cottage cheese.

EATING-OUT OPTION

Soup and protein appetizer.

REFLECTION PROMPT

Which texture worked best this week?

Plan + reflection.

SOFT OPTION

CRUNCHY OPTION

WARM OPTION

COLD OPTION

REFLECTION ANSWER

PHASE 2 CHECKPOINT

Keep the variety that made meals easier. Drop the variety that made planning harder.
Carry only the wins forward into Phase 3.

PHASE THREE · WEEKS 9-12

03

Create your *default rhythm*.

Turn favorite meal ideas into a weekly routine you can repeat, travel with, and adjust when appetite or preferences change.

FOCUS

Knowing your default meals, default grocery list, and default restaurant orders.

PHASE 3 SUCCESS

You can run a normal week without re-planning from scratch.

CADENCE

Four weeks · Lock in the rhythm.

09

PHASE 3 · DEFAULT RHYTHM

Default weekday rhythm.

Choose 2 breakfasts, 2 lunches, 2 dinners.

WEEKLY FOCUS

Default weekday rhythm.

MEAL PLANNING GOAL

Choose 2 breakfasts, 2 lunches, 2 dinners.

PROTEIN ANCHORS

Eggs · yogurt · chicken · tuna · turkey · salmon.

EASY MEAL COMBINATIONS

Egg bites · yogurt bowl · chicken wrap · tuna rice cup · turkey burger · salmon plate.

GROCERY LIST

Your chosen defaults plus fruit, vegetables, easy carbs, and hydration options.

MINI-MEAL IDEAS

Boiled egg · cheese stick · yogurt drink.

EATING-OUT OPTION

Repeat your easiest restaurant default.

REFLECTION PROMPT

What meals deserve a permanent spot?

Plan + reflection.

BREAKFAST 1 / 2

LUNCH 1 / 2

DINNER 1 / 2

REFLECTION ANSWER

10

PHASE 3 · DEFAULT RHYTHM

Busy week support.

Use convenience without guilt.

WEEKLY FOCUS

Busy week support.

MEAL PLANNING GOAL

Use convenience without guilt.

PROTEIN ANCHORS

Rotisserie chicken · deli turkey · protein shakes · frozen shrimp · cottage cheese.

EASY MEAL COMBINATIONS

Chicken snack plate · turkey wrap · shrimp rice cup · cottage cheese fruit bowl.

GROCERY LIST

Rotisserie chicken, turkey, shakes, shrimp, cottage cheese, microwave rice, frozen vegetables, fruit cups.

MINI-MEAL IDEAS

Half shake · turkey roll-ups · cottage cheese.

EATING-OUT OPTION

Fast casual grilled protein bowl.

REFLECTION PROMPT

What convenience item helped most?

Plan + reflection.

CONVENIENCE ITEMS USED

ONE I'LL KEEP STOCKED

REFLECTION ANSWER

11

PHASE 3 · DEFAULT RHYTHM

Travel and schedule changes.

Create a travel food backup plan.

WEEKLY FOCUS

Travel and schedule changes.

MEAL PLANNING GOAL

Create a travel food backup plan.

PROTEIN ANCHORS

Protein shake · tuna packet · jerky if appropriate · Airport protein box · convenience yogurt · turkey yogurt · eggs · turkey.

EASY MEAL COMBINATIONS

sandwich half · tuna crackers.

GROCERY LIST

Travel-friendly options, water bottle, familiar snacks, simple breakfast defaults.

MINI-MEAL IDEAS

Shake · cheese stick · yogurt · tuna crackers.

EATING-OUT OPTION

Airport food card.

REFLECTION PROMPT

What would you pack again?

Plan + reflection.

MY TRAVEL PACK LIST

AIRPORT DEFAULT

REFLECTION ANSWER

12

PHASE 3 · DEFAULT RHYTHM

Your long-term rhythm.

Build a repeatable weekly template.

WEEKLY FOCUS

Your long-term rhythm.

MEAL PLANNING GOAL

Build a repeatable weekly template.

PROTEIN ANCHORS

Your top 8 favorites.

EASY MEAL COMBINATIONS

Your top 10 meals from the system.

GROCERY LIST

Your default grocery autopilot list.

MINI-MEAL IDEAS

Your top 5.

EATING-OUT OPTION

Your default restaurant order.

REFLECTION PROMPT

What does your realistic maintenance week look like?

Plan + reflection.

MY REALISTIC MAINTENANCE WEEK

WHAT I'LL REPEAT FROM HERE ON

REFLECTION ANSWER

PHASE 3 CHECKPOINT

Your best meals, grocery staples, and restaurant defaults become the starting point for maintenance. Carry them into the final review pages.

06

Expanded protein matrix.

A wider menu to pull from when you want more options.

CATEGORY 01

Poultry.

Chicken · turkey · turkey meatballs ·
turkey burgers.

CATEGORY 02

Seafood.

Tuna · salmon · shrimp · white fish ·
canned fish.

CATEGORY 03

Eggs & dairy.

Eggs · Greek yogurt · cottage cheese ·
kefir · cheese sticks.

CATEGORY 04

Meat.

Lean beef · steak strips · meatballs.

CATEGORY 05

Plant-forward.

Tofu · tempeh · edamame · beans · lentils
where tolerated.

CATEGORY 06

Convenience.

Protein shakes · protein bars · prepared
chicken · soup with protein.

07

Expanded grocery matrix.

A pantry, fridge, and freezer reference.

GROUP 01

Easy carbs.

Rice cups · oats · potatoes · toast · tortillas
· pasta · crackers · pita.

GROUP 02

Fruits.

Berries · bananas · peaches · applesauce ·
grapes · oranges.

GROUP 03

Vegetables.

Cucumbers · cooked carrots · green beans
· zucchini · peppers · salad greens · salsa.

GROUP 04

Hydration.

Water · herbal tea · broth · low-sugar
electrolyte option if appropriate.

GROUP 05

Convenience.

Rotisserie chicken · frozen shrimp ·
frozen vegetables · tuna packets · soup
cups · egg bites.

GROUP 06

Flavor builders.

Salsa · marinara · Greek yogurt sauce ·
lemon · herbs · light dressing.

08

Grocery autopilot builder.

Create a repeatable grocery list from the matrices above.

STEP 01 • WEEKLY ANCHORS

Choose your anchors.

PROTEIN 1

PROTEIN 2

PROTEIN 3

NO-COOK PROTEIN

STEP 02 · EASY ADD-ONS

Choose your add-ons.

EASY CARB / FIBER 1

EASY CARB / FIBER 2

FRUIT

VEGETABLE

STEP 03 · BACKUPS

Choose your backups.

PANTRY BACKUP

FREEZER BACKUP

MINI-MEAL BACKUP

RESTAURANT BACKUP

EXAMPLE AUTOPILOT LIST

Eggs · Greek yogurt · rotisserie chicken · tuna packets · rice cups · crackers · berries · cucumbers · soup cups · frozen vegetables.

09

50 mini-meal ideas.

Smaller plates for between meals or low-appetite moments.

01	Greek yogurt with berries.	02	Cottage cheese with peaches.	03	Egg bites and fruit.
04	Turkey roll-ups.	05	Tuna and crackers.	06	Chicken soup.
07	Protein shake.	08	Cheese stick and apple.	09	Salmon cucumber bites.
10	Hummus and pita.	11	Boiled egg and grapes.	12	Kefir smoothie.
13	Cottage cheese toast.	14	Shrimp and avocado.	15	Chicken snack plate.
16	Tofu soup.	17	Egg salad crackers.	18	Greek yogurt drink.
19	Protein pudding.	20	Turkey mini wrap.	21	Tuna rice cup.
22	Salmon rice bites.	23	Edamame.	24	Chicken salad lettuce cups.
25	Cottage cheese and applesauce.	26	Half protein bar.	27	Turkey meatball cup.
28	Greek yogurt with banana.	29	Cheese and cucumber.	30	Egg mini wrap.
31	Chicken broth with chicken.	32	Shrimp rice cup.	33	Tofu cubes with sauce.
34	Cottage cheese savory bowl.	35	Tuna cucumber boats.	36	Yogurt with granola.

37	Turkey and crackers.	38	Salmon patty.	39	Egg and avocado.
40	Chicken taco mini bowl.	41	Cottage cheese with cinnamon.	42	Protein shake and berries.
43	Greek yogurt and applesauce.	44	Cheese stick and mandarin.	45	Soup and crackers.
46	Deli turkey and fruit.	47	Edamame and rice.	48	Shrimp taco filling.
49	Egg muffin.	50	Rotisserie chicken bites.		

10

30 fallback meals.

Default meals to keep on the shelf for low-energy days.

01	Greek yogurt bowl.	02	Tuna rice cup.	03	Turkey roll-up plate.
04	Chicken soup.	05	Cottage cheese and fruit.	06	Egg bites.
07	Protein shake.	08	Rotisserie chicken and crackers.	09	Salmon rice bowl.
10	Shrimp avocado plate.	11	Turkey mini wrap.	12	Egg salad toast.
13	Tofu soup.	14	Cheese and fruit.	15	Chicken taco bowl.
16	Tuna cucumber boats.	17	Cottage cheese toast.	18	Turkey meatballs and marinara.
19	Chicken salad crackers.	20	Yogurt smoothie.	21	Salmon cucumber bites.
22	Boiled eggs and fruit.	23	Hummus plate.	24	Shrimp rice cup.
25	Lean beef taco cup.	26	Kefir smoothie.	27	Soup with extra chicken.
28	Turkey sandwich half.	29	Tofu rice bowl.	30	Any protein anchor + one easy side.

11

Meal prep without cooking.

A no-cook shelf and a quick assembly map.

Build a no-cook shelf with tuna packets, cooked chicken, turkey slices, Greek yogurt, cottage cheese, cheese sticks, protein shakes if appropriate for you, rice cups, crackers, fruit cups, applesauce, hummus, and pre-cut vegetables.

Combine one protein with one easy side and adjust portions based on your needs and professional guidance.

No-cook meal map.

01 Greek yogurt +
berries.

02 Tuna packet +
crackers.

03 Turkey slices + fruit.

04 Cottage cheese +
toast.

05 Rotisserie chicken +
rice cup.

06 Protein shake (if
appropriate) +
banana.

07 Hummus + pita + egg
or turkey.

08 Soup cup + shredded
chicken.

12

Travel week.

Build a flexible backup plan, not a perfect one.

Before travel, choose three familiar options: one airport option, one convenience store option, and one restaurant default. Pack familiar snacks if appropriate. Keep hydration visible.

Avoid using travel as a reason to build a perfect plan; build a flexible backup plan.

TRAVEL QUICK PLAN

Three familiar options.

AIRPORT OPTION

CONVENIENCE STORE OPTION

RESTAURANT DEFAULT

SNACK TO PACK

HYDRATION PLAN

13

Busy work week.

Use shortcuts and repeat two default lunches.

Use shortcuts: rotisserie chicken, frozen shrimp, microwave rice, egg bites, soup, tuna packets, yogurt, cottage cheese, and pre-cut produce. Choose two default lunches and repeat them.

BUSY WEEK MINIMUM PLAN

The minimum plan.

BREAKFAST DEFAULT

LUNCH DEFAULT

DINNER DEFAULT

MINI-MEAL

BACKUP MEAL

RESTAURANT DEFAULT

14

High-stress week.

Reduce choices. Keep foods familiar.

During demanding weeks, reduce choices. Pick one breakfast, one lunch, one dinner, and two mini-meals. Keep foods familiar. If appetite, mood, or digestion concerns feel persistent or concerning, discuss them with a qualified healthcare provider.

DECISION-LIGHT MENU

Fewer choices, on purpose.

BREAKFAST (ONE OPTION)

LUNCH (ONE OPTION)

DINNER (ONE PROTEIN + ONE SIDE)

MINI-MEAL 1

MINI-MEAL 2

GROCERY RULE

Buy familiar foods only this week.

15

Tracking templates.

Two trackers – one weekly, one for mini-meals.

WEEKLY MEAL TRACKER

This week in review.

Photocopy or print as many as you need.

WEEK OF _____

PROTEIN ANCHORS USED _____

MEALS THAT FELT EASY _____

MEALS THAT FELT TOO HEAVY _____

HYDRATION NOTES _____

GROCERY ITEMS TO REPEAT _____

RESTAURANT DEFAULT _____

QUESTION FOR HEALTHCARE
PROVIDER

MINI-MEAL TRACKER

What's working when appetite is low.

FAVORITE MINI-MEAL

BEST NO-COOK OPTION

BEST TRAVEL OPTION

BEST "NOTHING SOUNDS GOOD"
OPTION

16

Final 90-day review.

The page where the system becomes yours.

90-DAY REVIEW

What stays.

Fill this out at the end of week 12.

TOP 10 MEALS TO KEEP

TOP 5 PROTEIN ANCHORS

TOP 5 MINI-MEALS

BEST RESTAURANT ORDER

GROCERY STAPLES TO BUY WEEKLY

FOODS TO KEEP LIGHT OR SKIP

SUPPORT NEEDED (PROVIDER,
DIETITIAN, FAMILY)

MY DEFAULT WEEK

17

My 90-day default rhythm.

The bridge into long-term planning.

DEFAULT WEEK TEMPLATE

A week you could repeat next month.

MONDAY - B / L / D

TUESDAY - B / L / D

WEDNESDAY - B / L / D

THURSDAY - B / L / D

FRIDAY - B / L / D

WEEKEND FLEXIBLE MEALS

GROCERY DAY

REVIEW DAY

RESTAURANT DEFAULT

TRAVEL DEFAULT

MINI-MEALS TO KEEP STOCKED

18

Final disclaimer.

A reminder before you carry the system forward.

This guide is for educational purposes only and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician, registered dietitian, or qualified healthcare provider before making changes to your diet, medication, supplements, or health routine.