

**GLOWBACK
PROTEIN &
MEAL PREP
TRACKER**



7-Day Structure for Fat Loss, Energy & Follow-Through

You don't need more willpower — you need a plan.

WHY PROTEIN & PREP CHANGE EVERYTHING

Most women don't "overeat" because they lack discipline.

They overeat because they are:

Under-proteined

Under-prepared

Overstimulated

Overwhelmed

Protein stabilizes:

Blood sugar

Hormones

Appetite

Mood

Energy

Preparation removes decision fatigue.

This tracker gives you both.

HOW TO USE THIS TRACKER

- ✓ **Set a daily protein target**
- ✓ **Prep once, eat calmly all week**
- ✓ **Use this for 7 days at a time**
- ✓ **Repeat weekly**

Progress comes from repetition — not variety.



YOUR WEEKLY PROTEIN TARGET

Daily protein goal: _____ grams

(If unsure: bodyweight \times 0.7–0.8)

WEEKLY PROTEIN PLANNING

Choose 2–3 primary proteins for the week.

- Chicken**
- Turkey**
- Beef**
- Fish / Seafood**
- Eggs**
- Greek Yogurt / Cottage Cheese**
- Protein Powder**
- Plant-Based Protein**

Primary proteins this week:

7-DAY MEAL PREP MAP

MEALS I'M PREPARING

- Breakfast protein**
- Lunch protein**
- Dinner protein**
- Snacks**

Prep day: _____

Prep time block: _____

SAFE FOODS LIST (MY GO-TOS)

Foods I eat without stress or bloat:

Proteins:

Carbs:

Fats:

Veggies:

EMERGENCY MEAL PLAN

(For busy days, showings, kids, chaos)

Protein on-the-go options:

Restaurants / takeout orders that work:

Convenience foods I allow:



DAILY TRACKER (REPEAT FOR 7 DAYS)

DAY _____

Protein goal: _____ g

Protein consumed: _____ g

Breakfast protein

Lunch protein

Dinner protein

Snack protein

Water intake today:

1L 2L 3L 4L

Energy after meals:

Stable Sluggish Bloating Energized

Cravings today:

None Mild Strong

One meal I handled well today:

EATING OUT WITHOUT SABOTAGE

When eating out, I prioritize:

Protein first

Veggies second

Carbs last

Sauces on the side

Order rule “If it doesn’t support my body, I don’t order it.”

END-OF-WEEK REFLECTION

What worked well this week:

What caused cravings or overeating:

How protein affected my mood & energy:

One change I’ll make next week: 5



WHEN I MISS MY PROTEIN GOAL

- I do NOT punish myself**
- I add protein to the next meal**
- I drink water**
- I continue the day**

Missing once is normal. Quitting is optional.

CLOSING PAGE

You don't need perfect meals.

You need reliable ones.

Protein is not restriction.

Protein is support.

GlowBack Mantra:

“I nourish my body like a woman who plans to keep it.”