



Seven-Day Protein Pattern Tracker™

See where protein appears throughout your week and notice meals or times of day that may need more attention.

Write the main protein source in each meal. Leave a space blank when you did not eat that meal or could not identify a clear protein source.

Week of: _____ My reason for tracking: _____

	FIRST MEAL	LUNCH	DINNER	SNACK, IF NEEDED
DAY 1	_____ _____	_____ _____	_____ _____	_____ _____
DAY 2	_____ _____	_____ _____	_____ _____	_____ _____
DAY 3	_____ _____	_____ _____	_____ _____	_____ _____
DAY 4	_____ _____	_____ _____	_____ _____	_____ _____
DAY 5	_____ _____	_____ _____	_____ _____	_____ _____
DAY 6	_____ _____	_____ _____	_____ _____	_____ _____
DAY 7	_____ _____	_____ _____	_____ _____	_____ _____



What I Noticed

Protein was easiest to include at: _____

The meal or time of day with the most gaps was: _____

When meals included protein, I noticed: _____

One practical protein option I can keep available: _____

My Focus for Next Week

I will strengthen protein at: _____

Martine's Midlife Wellness Tip

Look for patterns, not a perfect week.

Strengthening one consistently low-protein meal can be a meaningful next step.



This tracker does not measure whether you met a specific protein target.
Individual needs vary with body size, activity, health conditions and goals.