

TFGG grocery checklist

RECIPES I'M MAKING!

*Check your fridge, pantry, and freezer so you know what you have already!

PRODUCE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

PROTEIN

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

FRIDGE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

PANTRY

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

FROZEN

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

HOME

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

OTHER

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

your daily checklist

*print me out and hang me on the fridge or put me in your planner!

- Go through the list and check off everything you've successfully completed at the end of each day.
- The Morning Drink
- Minimum 3L of water
- Hit my goal of 100g protein
- Had a fat source in each meal
- Significant servings of greens in at least two meals today
- Tried to incorporate high fibre foods
- Practiced gratitude: Wrote down or said out loud things I am grateful for
- Self Talk: Actively worked on being kind to myself today

TFCG WEEK MAP

BLOCK ONE: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK ONE: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK TWO: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK TWO: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK THREE: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK THREE: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK FOUR: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

TFCG WEEK MAP

BLOCK FOUR: WEEK TWO
MANTRA FOR THE WEEK:

SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

TFCG WEEK MAP

BLOCK FIVE: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK FIVE: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING