Macro Tracking Sheet Printable: Free 7-Day Log, Cheat Sheet

Free printable. Full guide and tips: https://betterlifecarez.com/macro-tracking-sheet-printable/

Free Macro Tracking Sheet: Log and Cheat Sheet

My daily targets: Protein ____ g | Carbs ____ g | Fat ____ g | Fiber ____ g | Calories ____

7-Day Macro Log

Fill in one row each night using the totals from your meal log.

Day	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories	Notes
Example	*95*	*180*	*60*	*25*	*1,640*	*Hungry after lunch*
Day 1	____	____	____	____	____	____
Day 2	____	____	____	____	____	____
Day 3	____	____	____	____	____	____
Day 4	____	____	____	____	____	____
Day 5	____	____	____	____	____	____
Day 6	____	____	____	____	____	____
Day 7	____	____	____	____	____	____

One-Day Meal Log

Print one copy per day, then add up each column for your daily total.

Meal	Food and amount	Protein (g)	Carbs (g)	Fat (g)
Example	*2 eggs, 1 slice wheat toast*	*16*	*14*	*11*
Breakfast	____	____	____	____
Snack	____	____	____	____
Lunch	____	____	____	____
Snack	____	____	____	____
Dinner	____	____	____	____
Drinks and extras	____	____	____	____
Daily total	____	____	____	____

Macro Cheat Sheet: Protein Foods

All values are approximate, rounded from USDA FoodData Central averages. Brands vary, so check labels when you have them.

Food (amount)	Protein	Carbs	Fat	Calories
Chicken breast, cooked, 3 oz	~26 g	0 g	~3 g	~140
Large egg	~6 g	~0.5 g	~5 g	~75
Plain nonfat Greek yogurt, 6 oz	~17 g	~6 g	~0.5 g	~100
Canned tuna in water, 3 oz	~20 g	0 g	~1 g	~100
Salmon, cooked, 3 oz	~22 g	0 g	~8 g	~160
Firm tofu, 3 oz	~13 g	~2 g	~7 g	~120
Low-fat cottage cheese, 1/2 cup	~12 g	~5 g	~2 g	~90

Carb-Rich Foods

Food (amount)	Protein	Carbs	Fat	Calories
White rice, cooked, 1 cup	~4 g	~45 g	~0.5 g	~205
Rolled oats, dry, 1/2 cup	~5 g	~27 g	~3 g	~150
Pasta, cooked, 1 cup	~8 g	~43 g	~1 g	~220
Whole-wheat bread, 1 slice	~4 g	~13 g	~1 g	~80
Medium potato, baked with skin	~4 g	~37 g	0 g	~160
Black beans, cooked, 1/2 cup	~8 g	~20 g	~0.5 g	~115
Medium banana	~1 g	~27 g	~0.5 g	~105

Healthy Fat Foods

Food (amount)	Protein	Carbs	Fat	Calories
Olive oil, 1 tbsp	0 g	0 g	~14 g	~120
Peanut butter, 2 tbsp	~7 g	~7 g	~16 g	~190
Almonds, 1 oz (about 23)	~6 g	~6 g	~14 g	~165
Avocado, 1/2 medium	~1.5 g	~6 g	~11 g	~120
Cheddar cheese, 1 oz	~7 g	~0.5 g	~9 g	~115

Vegetables and Fruit

Food (amount)	Protein	Carbs	Fat	Calories
Broccoli, cooked, 1 cup	~4 g	~11 g	~0.5 g	~55
Spinach, raw, 2 cups	~2 g	~2 g	0 g	~15
Carrots, raw, 1 cup chopped	~1 g	~12 g	0 g	~50
Medium apple	~0.5 g	~25 g	0 g	~95

How to Use This Sheet

- Set your targets first, ideally with your doctor or a registered dietitian.
- Log foods within an hour of eating, not at bedtime.
- Write cooked or dry next to grains, beans and meats.
- Count cooking oil, sauces, creamer and drinks.
- Total each meal log at night, then copy the totals into the 7-day log.