



# WEEK 3

## Checklist





## ***Build Your Protein Snack System***

### **Goal:**

Create a reliable protein snack system so cravings and drive-through decisions become easier to avoid.

### **Step 1: Lessons**

- ❑ Watch Lesson 5
- ❑ Watch Lesson 6
- ❑ Write 3 notes per lesson
- ❑ Share one takeaway in the group



# Step 2 — Snack Focus

Choose 2–3 protein snacks to prep this week.

Examples:

- Egg bites
- Protein pancakes
- Greek yogurt bowl
- Protein balls
- Cottage cheese snack
- Rice cake protein snack



## Step 3 — Sunday Stack

- Prep 5 snack servings
- Store snacks where they are easy to grab

## Step 4 —

## Freezer Staple #2

Choose one:

- Roast sweet potatoes
- Dice potatoes and freeze
- Cook ground meat in bulk
- Freeze grilled  
chicken strips



## Step 5 — Love Yourself First Shelf

Create a fridge shelf with:

- Greek yogurt
- Cottage cheese
- Protein snacks
- Grab-and-go fruit

This shelf protects against emotional eating.

## Weekly Accountability

- Grocery protein photo
- Sunday stack photo
- Water + movement check-in



**Leanne MacDonald**  
Meal Prep Consultant &  
Founder of InspireHER

# Accountability Posts

- Post your Grocery Protein Photo  
Caption: "What I bought and what I'm making."
- Post a Midweek Check-In
- Post your Sunday Stack Photo  
Show your 5 prepared meals.

# Weekly Reflection

What challenged you this week?

---

---

What will you improve next week?

---

---



**Leanne MacDonald**  
Meal Prep Consultant &  
Founder of InspireHER