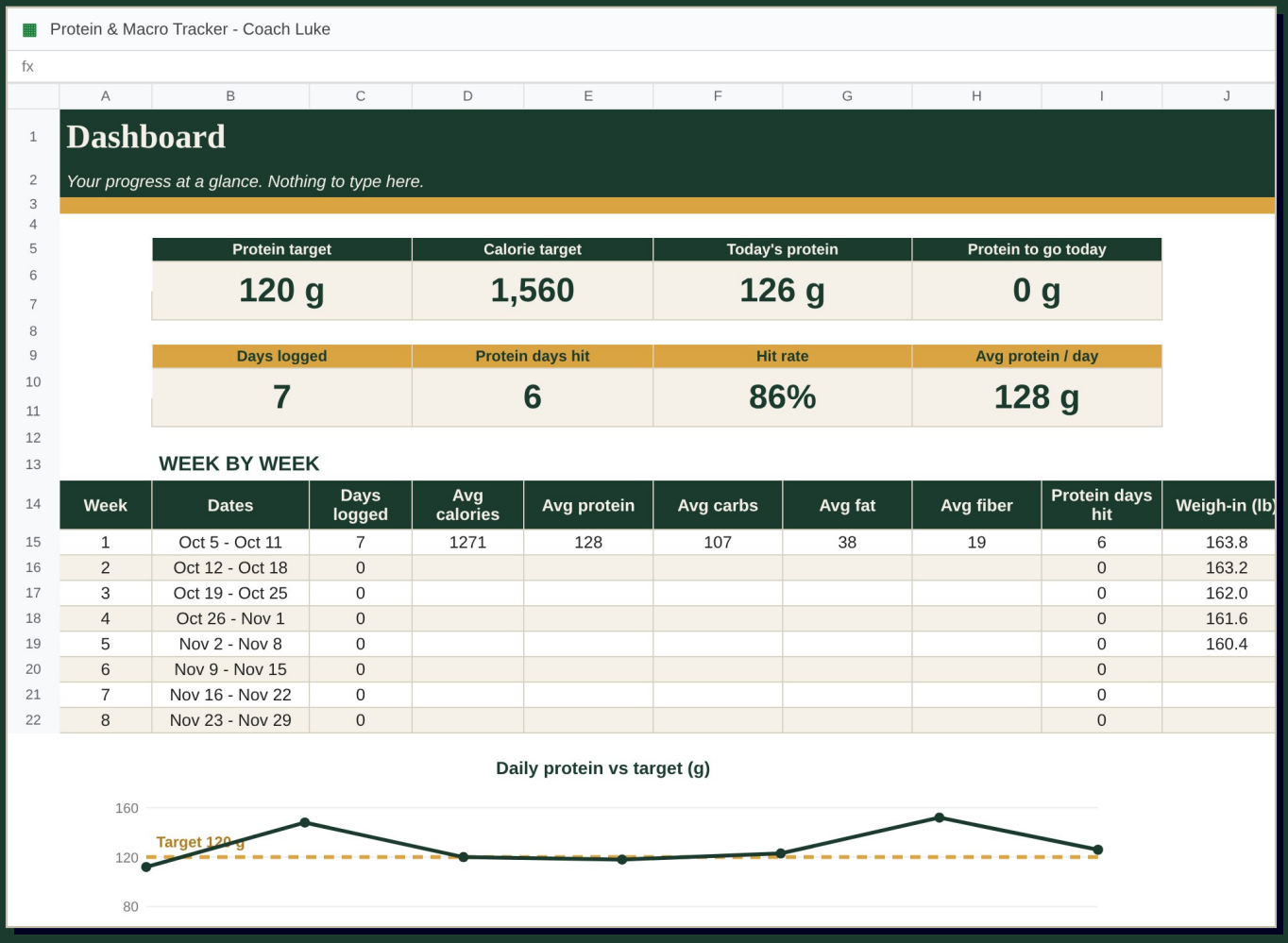
GOOGLE SHEETS + EXCEL | HOW-TO GUIDE

Protein & Macro Tracker

Hit your protein target every day, without the guesswork.

102-food lookup • Auto targets • Dashboard • Meal planner • Grocery list



Week	Dates	Days logged	Avg calories	Avg protein	Avg carbs	Avg fat	Avg fiber	Protein days hit	Weigh-in (lb)
1	Oct 5 - Oct 11	7	1271	128	107	38	19	6	163.8
2	Oct 12 - Oct 18	0						0	163.2
3	Oct 19 - Oct 25	0						0	162.0
4	Oct 26 - Nov 1	0						0	161.6
5	Nov 2 - Nov 8	0						0	160.4
6	Nov 9 - Nov 15	0						0	
7	Nov 16 - Nov 22	0						0	
8	Nov 23 - Nov 29	0						0	

Coach Luke

NASM-certified personal trainer • NESTA nutrition coach • coachluke.com

Pairs with the High-Protein Food Guide

WELCOME

Let's make protein easy

Hi, I'm Coach Luke. After 20+ years of coaching, the one habit that changes results the fastest is simple: **eat enough protein, most days.** It keeps you full, protects your muscle while you lose fat, and helps you recover from your workouts.

The trouble is that most trackers bury you in numbers. This one keeps the main thing the main thing. You set your targets once, pick foods from a dropdown, and the sheet does the math. A check mark tells you when you've won the day.

It works in **Google Sheets** (free, on any computer or phone) and in **Microsoft Excel**. The food list inside follows the same six groups and Lean, Solid and Booster ratings as my **High-Protein Food Guide**, so if you have the guide, the two work hand in hand.

What's inside

Tab	What it does
Start Here	Quick-start steps and the color key.
Dashboard	Today's protein, hit rate, week-by-week averages and a progress chart.
Targets	Your calories, protein, carbs, fat and fiber, worked out for you.
Food Log	One row per food. Pick it, add servings, done.
Daily Totals	84 days of totals with a check mark when you hit protein.
Meal Builder	Design 30-gram protein meals before you cook.
Meal Planner	Plan 7 days of meals with daily totals.
Grocery List	Builds itself from your meal plan.
Food List	102 foods rated Lean, Solid or Booster, plus 40 rows for your own foods.
Weigh-Ins	12 weeks of weight and measurements with a trend chart.

Two-minute promise

Once your targets are set, logging a meal takes about two minutes. Keep it that simple and you'll keep doing it.

STEP 0

Get your copy

Option A: Google Sheets (recommended)

Free, saves automatically, and works on your phone with the Google Sheets app.

- Sign in to your Google account in your browser.
- Go to **coachluke.com/macro-tracker-sheets** (or scan the code on the right).
- Click **Make a copy**. Your own private copy opens and is saved in your Google Drive.
- Rename it if you like, then open the **Targets** tab and start there.

Nobody else can see your copy, including me.

Scan for Google Sheets

Option B: Microsoft Excel

- Open the file **Protein-Macro-Tracker_Excel.xlsx** from your download page.
- If Excel shows a yellow **Enable Editing** bar, click it so the formulas and dropdowns work.
- Works in Excel 2016 or newer, Excel for Microsoft 365 (Windows or Mac) and Excel on the web.
- Save it to your computer or OneDrive and keep using the same file.

Option C: Phone only

- Make your Google Sheets copy (Option A) on any browser, then open it in the free **Google Sheets app**. Tap a Food cell and choose from the dropdown.

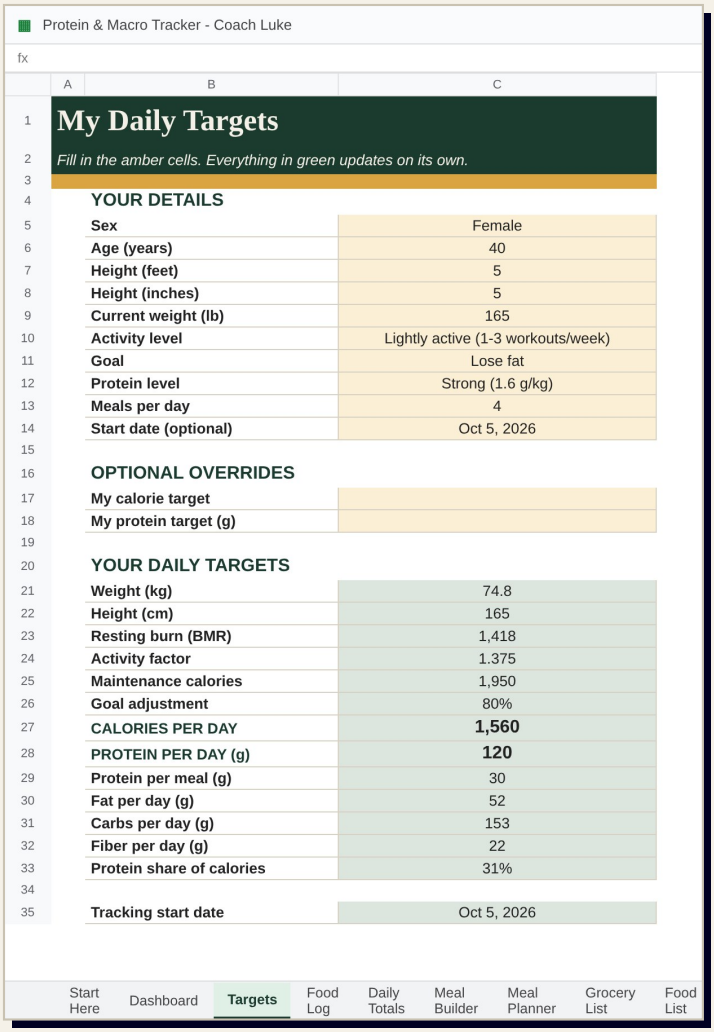
Apple Numbers can open the Excel file, but some dropdowns and charts don't carry over. Google Sheets is the better choice on a Mac or iPhone.

Can't open the link?

Check that you're signed in to Google, or email coach@coachluke.com and I'll send the link directly.

STEP 1

Set your daily targets



Protein & Macro Tracker - Coach Luke

fx

	A	B	C
1		**My Daily Targets**	
2		*Fill in the amber cells. Everything in green updates on its own.*	
3			
4		**YOUR DETAILS**	
5		**Sex**	Female
6		**Age (years)**	40
7		**Height (feet)**	5
8		**Height (inches)**	5
9		**Current weight (lb)**	165
10		**Activity level**	Lightly active (1-3 workouts/week)
11		**Goal**	Lose fat
12		**Protein level**	Strong (1.6 g/kg)
13		**Meals per day**	4
14		**Start date (optional)**	Oct 5, 2026
15			
16		**OPTIONAL OVERRIDES**	
17		**My calorie target**	
18		**My protein target (g)**	
19			
20		**YOUR DAILY TARGETS**	
21		**Weight (kg)**	74.8
22		**Height (cm)**	165
23		**Resting burn (BMR)**	1,418
24		**Activity factor**	1.375
25		**Maintenance calories**	1,950
26		**Goal adjustment**	80%
27		**CALORIES PER DAY**	**1,560**
28		**PROTEIN PER DAY (g)**	**120**
29		**Protein per meal (g)**	30
30		**Fat per day (g)**	52
31		**Carbs per day (g)**	153
32		**Fiber per day (g)**	22
33		**Protein share of calories**	31%
34			
35		**Tracking start date**	Oct 5, 2026

Start Here | Dashboard | **Targets** | Food Log | Daily Totals | Meal Builder | Meal Planner | Grocery List | Food List

Open the **Targets** tab and fill in the amber cells:

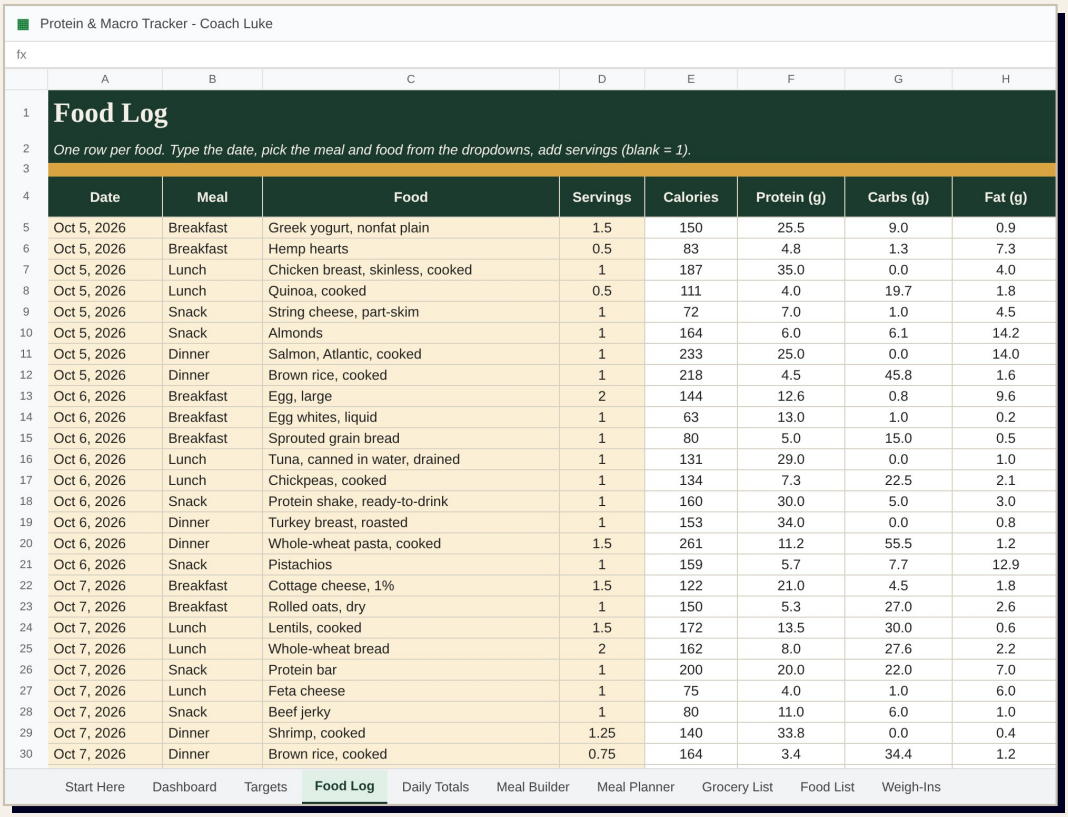
- **Sex, age, height and weight** for the calorie estimate (Mifflin-St Jeor, the formula most dietitians use).
- **Activity level.** Pick honestly. Most people pick one level too high.
- **Goal.** Lose fat sets calories about 20% under maintenance. Build muscle sets them about 10% over.
- **Protein level.** 1.2 to 1.6 grams per kilogram is a smart range for active women and anyone losing fat. Strong (1.6) is the default.
- **Meals per day** splits your protein into a per-meal number.

Your targets appear in the green box. **Protein per day** is your number one target. Calories, carbs, fat and fiber are there to guide you, not to stress about.

Have numbers from your doctor or dietitian? Type them in the **Optional overrides** cells and the whole sheet uses them instead.

STEP 2

Log your food in 2 minutes



Protein & Macro Tracker - Coach Luke

fx

Food Log

One row per food. Type the date, pick the meal and food from the dropdowns, add servings (blank = 1).

Date	Meal	Food	Servings	Calories	Protein (g)	Carbs (g)	Fat (g)
Oct 5, 2026	Breakfast	Greek yogurt, nonfat plain	1.5	150	25.5	9.0	0.9
Oct 5, 2026	Breakfast	Hemp hearts	0.5	83	4.8	1.3	7.3
Oct 5, 2026	Lunch	Chicken breast, skinless, cooked	1	187	35.0	0.0	4.0
Oct 5, 2026	Lunch	Quinoa, cooked	0.5	111	4.0	19.7	1.8
Oct 5, 2026	Snack	String cheese, part-skim	1	72	7.0	1.0	4.5
Oct 5, 2026	Snack	Almonds	1	164	6.0	6.1	14.2
Oct 5, 2026	Dinner	Salmon, Atlantic, cooked	1	233	25.0	0.0	14.0
Oct 5, 2026	Dinner	Brown rice, cooked	1	218	4.5	45.8	1.6
Oct 6, 2026	Breakfast	Egg, large	2	144	12.6	0.8	9.6
Oct 6, 2026	Breakfast	Egg whites, liquid	1	63	13.0	1.0	0.2
Oct 6, 2026	Breakfast	Sprouted grain bread	1	80	5.0	15.0	0.5
Oct 6, 2026	Lunch	Tuna, canned in water, drained	1	131	29.0	0.0	1.0
Oct 6, 2026	Lunch	Chickpeas, cooked	1	134	7.3	22.5	2.1
Oct 6, 2026	Snack	Protein shake, ready-to-drink	1	160	30.0	5.0	3.0
Oct 6, 2026	Dinner	Turkey breast, roasted	1	153	34.0	0.0	0.8
Oct 6, 2026	Dinner	Whole-wheat pasta, cooked	1.5	261	11.2	55.5	1.2
Oct 6, 2026	Snack	Pistachios	1	159	5.7	7.7	12.9
Oct 7, 2026	Breakfast	Cottage cheese, 1%	1.5	122	21.0	4.5	1.8
Oct 7, 2026	Breakfast	Rolled oats, dry	1	150	5.3	27.0	2.6
Oct 7, 2026	Lunch	Lentils, cooked	1.5	172	13.5	30.0	0.6
Oct 7, 2026	Lunch	Whole-wheat bread	2	162	8.0	27.6	2.2
Oct 7, 2026	Snack	Protein bar	1	200	20.0	22.0	7.0
Oct 7, 2026	Lunch	Feta cheese	1	75	4.0	1.0	6.0
Oct 7, 2026	Snack	Beef jerky	1	80	11.0	6.0	1.0
Oct 7, 2026	Dinner	Shrimp, cooked	1.25	140	33.8	0.0	0.4
Oct 7, 2026	Dinner	Brown rice, cooked	0.75	164	3.4	34.4	1.2

Start Here | Dashboard | Targets | Food Log | Daily Totals | Meal Builder | Meal Planner | Grocery List | Food List | Weigh-Ins

Each food you eat gets one row:

- **Date**: type it like 10/14 or 10/14/2026.
- **Meal**: pick Breakfast, Lunch, Dinner or Snack.
- **Food**: click the cell and pick from the list. In Google Sheets you can start typing to search.
- **Servings**: leave blank for 1 serving. Type 1.5 for one and a half, 0.5 for half.

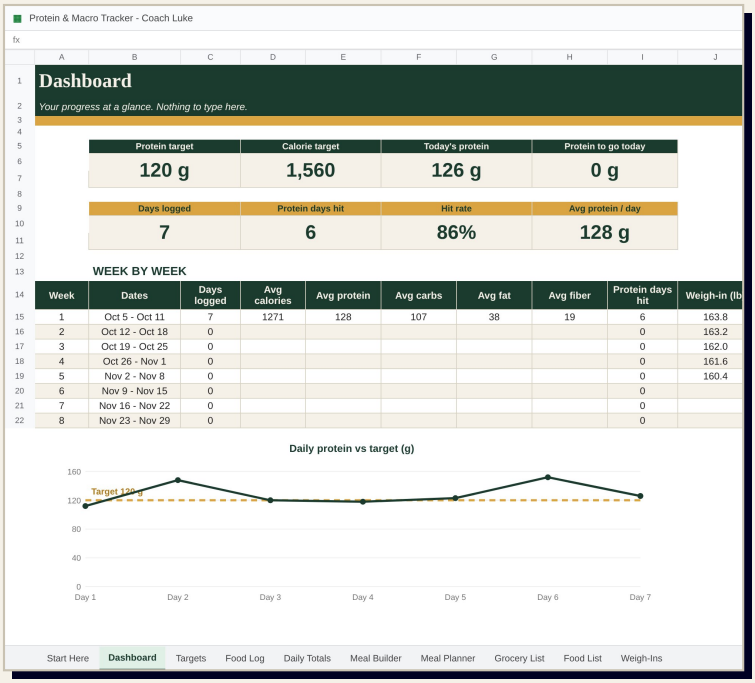
Calories, protein, carbs, fat and fiber fill in by themselves. Log as you go, or all at once at night.

Servings made easy

You ate	List serving	Type
6 oz chicken breast	4 oz	1.5
3 eggs	1 egg	3
1 cup Greek yogurt	3/4 cup	1.33
1/4 cup cottage cheese	1/2 cup	0.5
2 scoops whey	1 scoop	2
8 oz salmon	4 oz	2

STEP 3

Read your progress



Daily Totals

Adds up every day for 84 days (12 weeks). A **check mark** means you hit your protein target (within 5 grams). Green = on target, amber = close.

Dashboard

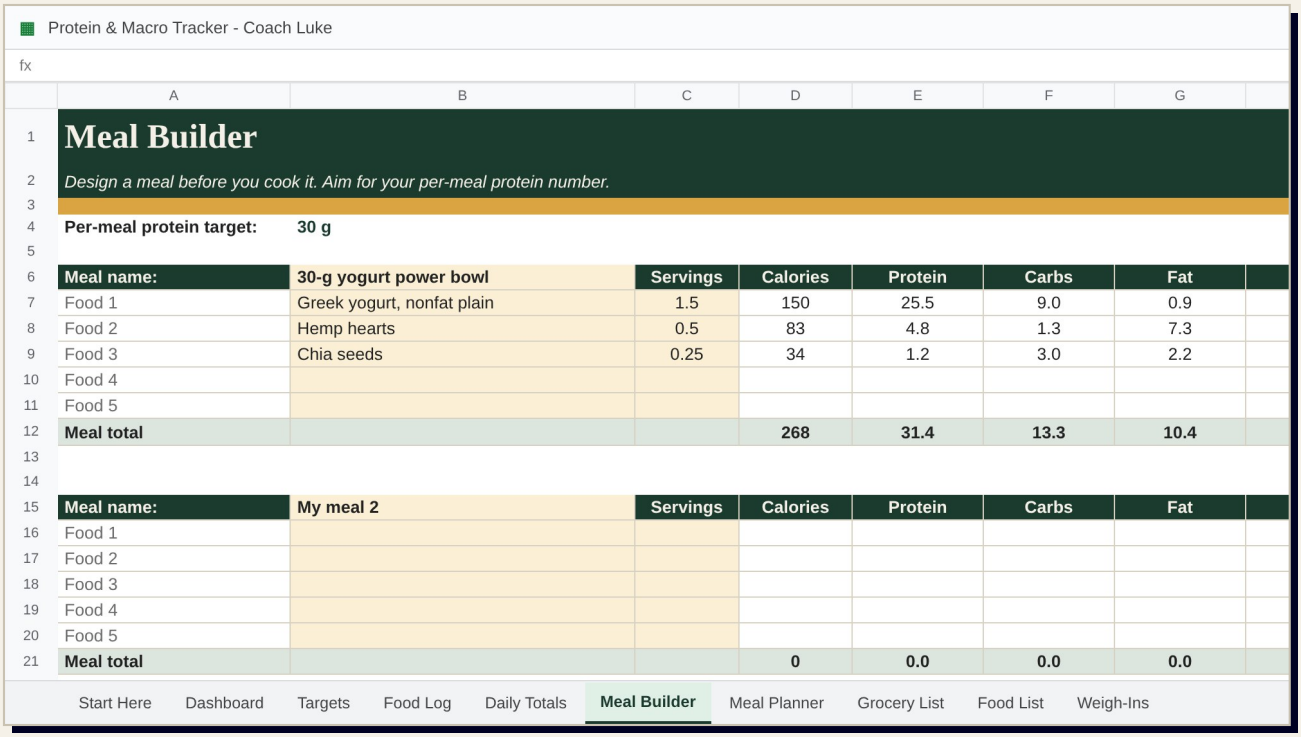
- **Today's protein** and **protein to go**: check it at 3 pm and plan dinner around what's left.
- **Hit rate**: the share of logged days you hit protein. Aim for 70% or better.
- **Week by week**: your average calories, protein, carbs, fat and fiber, plus your weekly weigh-in.
- **Charts**: daily protein against your target line, and average protein by week.

Coach's rule

Judge your week, not your day. Five out of seven days on target is a great week. One rough day changes nothing.

STEP 4

Build 30-gram meals



Protein & Macro Tracker - Coach Luke

Meal Builder

Design a meal before you cook it. Aim for your per-meal protein number.

Per-meal protein target: 30 g

Meal name:	30-g yogurt power bowl	Servings	Calories	Protein	Carbs	Fat
Food 1	Greek yogurt, nonfat plain	1.5	150	25.5	9.0	0.9
Food 2	Hemp hearts	0.5	83	4.8	1.3	7.3
Food 3	Chia seeds	0.25	34	1.2	3.0	2.2
Food 4						
Food 5						
Meal total			**268**	**31.4**	**13.3**	**10.4**

Meal name:	My meal 2	Servings	Calories	Protein	Carbs	Fat
Food 1						
Food 2						
Food 3						
Food 4						
Food 5						
Meal total			**0**	**0.0**	**0.0**	**0.0**

Start Here | Dashboard | Targets | Food Log | Daily Totals | Meal Builder | Meal Planner | Grocery List | Food List | Weigh-Ins

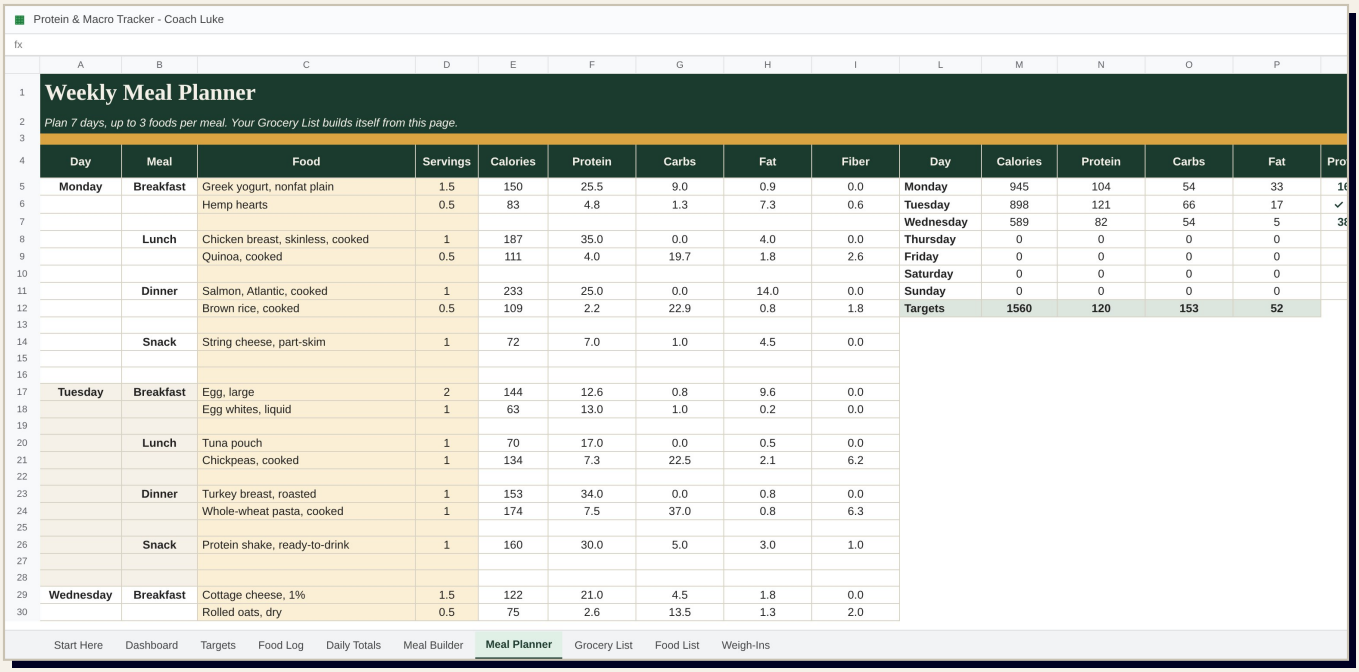
Use the **Meal Builder** to test a meal before you cook it. Pick up to five foods, set servings, and the total shows whether you hit your per-meal protein number or how many grams to add.

Six 30-gram meals from the Food List to get you started:

Meal	What goes in it	Calories	Protein
Yogurt power bowl	1 1/4 cups nonfat Greek yogurt + 1 1/2 tbsp hemp hearts	250	33 g
Egg-white scramble	2 eggs + 1/2 cup egg whites + 1 slice sprouted toast	287	31 g
Tuna chickpea salad	4 oz canned tuna + 1/4 cup chickpeas	198	33 g
Chicken & quinoa	3 oz chicken breast + 1/2 cup quinoa	251	30 g
Plant-power bowl	8 oz extra-firm tofu + 1/4 cup edamame	287	31 g
Cottage cheese bowl	1 cup 1% cottage cheese + 1/2 oz pepitas	241	32 g

STEP 5

Plan the week, shop the list



Protein & Macro Tracker - Coach Luke

Weekly Meal Planner

Plan 7 days, up to 3 foods per meal. Your Grocery List builds itself from this page.

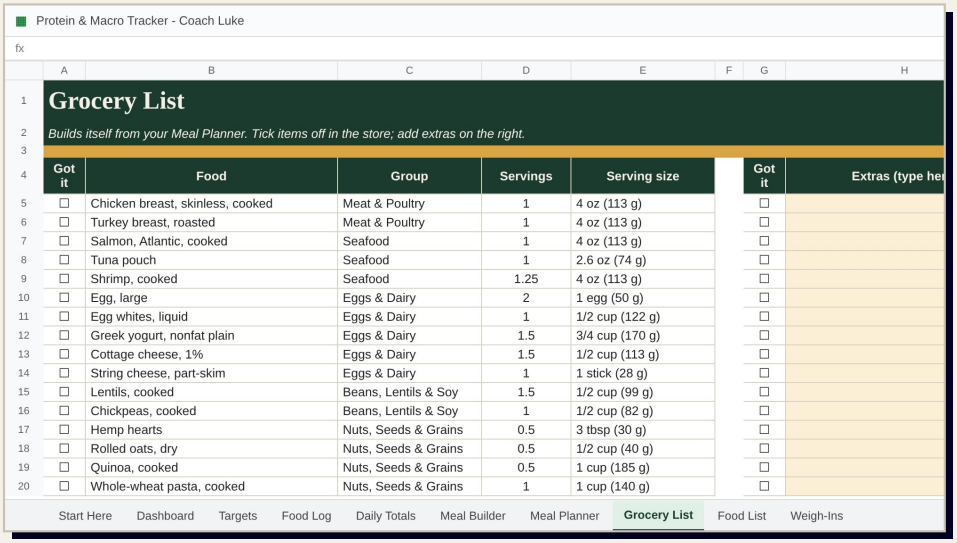
Day	Meal	Food	Servings	Calories	Protein	Carbs	Fat	Fiber
Monday	Breakfast	Greek yogurt, nonfat plain	1.5	150	25.5	9.0	0.9	0.0
		Hemp hearts	0.5	83	4.8	1.3	7.3	0.6
	Lunch	Chicken breast, skinless, cooked	1	187	35.0	0.0	4.0	0.0
		Quinoa, cooked	0.5	111	4.0	19.7	1.8	2.6
	Dinner	Salmon, Atlantic, cooked	1	233	25.0	0.0	14.0	0.0
		Brown rice, cooked	0.5	109	2.2	22.9	0.8	1.8
	Snack	String cheese, part-skim	1	72	7.0	1.0	4.5	0.0
Tuesday	Breakfast	Egg, large	2	144	12.6	0.8	9.6	0.0
		Egg whites, liquid	1	63	13.0	1.0	0.2	0.0
	Lunch	Tuna pouch	1	70	17.0	0.0	0.5	0.0
		Chickpeas, cooked	1	134	7.3	22.5	2.1	6.2
	Dinner	Turkey breast, roasted	1	153	34.0	0.0	0.8	0.0
		Whole-wheat pasta, cooked	1	174	7.5	37.0	0.8	6.3
	Snack	Protein shake, ready-to-drink	1	160	30.0	5.0	3.0	1.0
Wednesday	Breakfast	Cottage cheese, 1%	1.5	122	21.0	4.5	1.8	0.0
		Rolled oats, dry	0.5	75	2.6	13.5	1.3	2.0

Day	Calories	Protein	Carbs	Fat	Pro
Monday	945	104	54	33	1
Tuesday	898	121	66	17	✓
Wednesday	589	82	54	5	3
Thursday	0	0	0	0	
Friday	0	0	0	0	
Saturday	0	0	0	0	
Sunday	0	0	0	0	
Targets	1560	120	153	52	

Start Here | Dashboard | Targets | Food Log | Daily Totals | Meal Builder | **Meal Planner** | Grocery List | Food List | Weigh-Ins

Meal Planner: plan up to three foods per meal for seven days. The day totals on the right show calories and protein, and a check tells you when the day's plan hits your protein target. Change a food and everything updates.

Grocery List: every food in your plan shows up on its own with the total servings you need. Tick items off at the store and add anything extra (vegetables, fruit, spices) in the Extras column.



Protein & Macro Tracker - Coach Luke

Grocery List

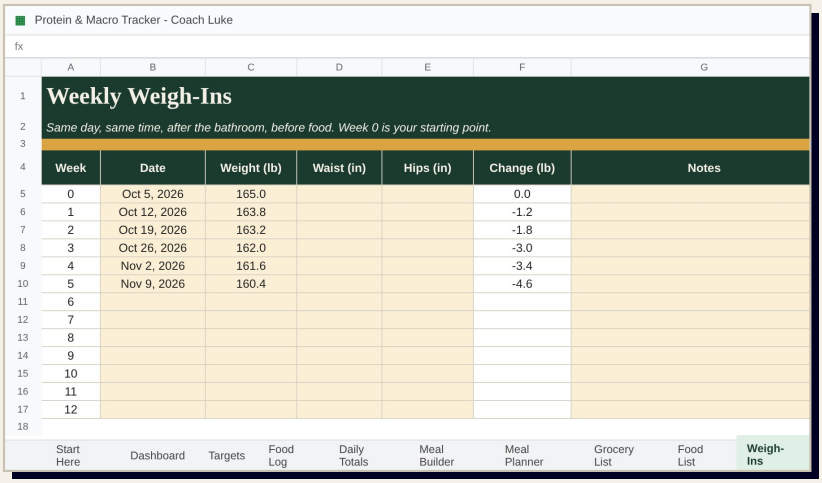
Builds itself from your Meal Planner. Tick items off in the store; add extras on the right.

Got it	Food	Group	Servings	Serving size	Got it	Extras (type he
☐	Chicken breast, skinless, cooked	Meat & Poultry	1	4 oz (113 g)	☐	
☐	Turkey breast, roasted	Meat & Poultry	1	4 oz (113 g)	☐	
☐	Salmon, Atlantic, cooked	Seafood	1	4 oz (113 g)	☐	
☐	Tuna pouch	Seafood	1	2.6 oz (74 g)	☐	
☐	Shrimp, cooked	Seafood	1.25	4 oz (113 g)	☐	
☐	Egg, large	Eggs & Dairy	2	1 egg (50 g)	☐	
☐	Egg whites, liquid	Eggs & Dairy	1	1/2 cup (122 g)	☐	
☐	Greek yogurt, nonfat plain	Eggs & Dairy	1.5	3/4 cup (170 g)	☐	
☐	Cottage cheese, 1%	Eggs & Dairy	1.5	1/2 cup (113 g)	☐	
☐	String cheese, part-skim	Eggs & Dairy	1	1 stick (28 g)	☐	
☐	Lentils, cooked	Beans, Lentils & Soy	1.5	1/2 cup (99 g)	☐	
☐	Chickpeas, cooked	Beans, Lentils & Soy	1	1/2 cup (82 g)	☐	
☐	Hemp hearts	Nuts, Seeds & Grains	0.5	3 tbsp (30 g)	☐	
☐	Rolled oats, dry	Nuts, Seeds & Grains	0.5	1/2 cup (40 g)	☐	
☐	Quinoa, cooked	Nuts, Seeds & Grains	0.5	1 cup (185 g)	☐	
☐	Whole-wheat pasta, cooked	Nuts, Seeds & Grains	1	1 cup (140 g)	☐	

Start Here | Dashboard | Targets | Food Log | Daily Totals | Meal Builder | Meal Planner | **Grocery List** | Food List | Weigh-Ins

STEP 6

Weigh in and adjust



Weigh in **once a week**, same day, same time, after the bathroom and before food. Add your waist if you like; it often moves when the scale doesn't.

Day-to-day weight swings of 1 to 4 pounds are normal (water, salt, hormones, sleep). That's why the sheet looks at weekly numbers.

When to change your targets

- **Losing 0.5 to 1% of body weight per week?** Perfect. Change nothing.
- **No change for 3 weeks** while hitting your calorie target most days? Lower calories by 100 to 150 in the Override cell, or add a daily walk.
- **Losing faster than 1% a week** and feeling drained? Add 100 to 150 calories.
- **Every 10 pounds lost**, update your weight on the Targets tab so your numbers stay accurate.
- **Building muscle?** A slow gain of 0.25 to 0.5% per week is the target.

These are general guidelines for healthy adults, not medical advice.

THE FOOD LIST

102 foods, ranked by protein

The **Food List** tab holds the same six groups as the High-Protein Food Guide. Each food gets a rating based on protein per 100 calories:

Lean = 10 g or more • **Solid** = 5 to 9.9 g • **Booster** = under 5 g (adds protein to meals but shouldn't be the main source)

The 24 leanest protein foods on the list (collagen left out, as it isn't a complete protein):

Food	Serving	Cal	Protein	g per 100 cal
Tuna pouch	2.6 oz (74 g)	70	17 g	24.3
Shrimp, cooked	4 oz (113 g)	112	27 g	24.1
Turkey breast, roasted	4 oz (113 g)	153	34 g	22.2
Bone broth	1 cup (240 ml)	45	10 g	22.2
Tuna, canned in water, drained	4 oz (113 g)	131	29 g	22.1
Cod, cooked	4 oz (113 g)	119	26 g	21.8
Mahi mahi, cooked	4 oz (113 g)	124	27 g	21.8
Canned chicken breast, drained	2 oz (56 g)	60	13 g	21.7
Pollock, cooked	4 oz (113 g)	133	28 g	21.1
Crab meat, cooked or canned	3 oz (85 g)	82	17 g	20.7
Tilapia, cooked	4 oz (113 g)	145	30 g	20.7
Egg whites, liquid	1/2 cup (122 g)	63	13 g	20.6
Whey protein powder	1 scoop (30 g)	120	24 g	20.0
Rotisserie chicken breast, no skin	4 oz (113 g)	170	33 g	19.4
Seitan	3 oz (85 g)	110	21 g	19.1
Venison, roasted	4 oz (113 g)	179	34 g	19.0
Halibut, cooked	4 oz (113 g)	158	30 g	19.0
Protein shake, ready-to-drink	1 bottle (11 fl oz)	160	30 g	18.8
Chicken breast, skinless, cooked	4 oz (113 g)	187	35 g	18.7
Pork tenderloin, roasted	4 oz (113 g)	162	30 g	18.5
Scallops, cooked	4 oz (113 g)	125	23 g	18.4
Deli turkey, low sodium	2 oz (56 g)	60	11 g	18.3
Skyr, nonfat plain	5.3 oz (150 g)	90	16 g	17.8
Cottage cheese, 1%	1/2 cup (113 g)	81	14 g	17.3

MAKE IT YOURS

Add your own foods

Have a favorite protein bar, a local brand of yogurt or a homemade recipe? Add it once and it shows up in every dropdown.

- Go to the **Food List** tab and scroll to the amber **My Foods** rows at the bottom (40 spaces).
- Type the **food name** the way you want to see it in the dropdown, then the serving.
- Copy **calories, protein, carbs, fat and fiber** from the nutrition label for that serving.
- The rating (Lean, Solid, Booster) fills in by itself.

Reading a label in 20 seconds

- Start with **Serving size**. That's your one serving.
- **Calories** is the big number. **Protein** is near the bottom of the panel.
- **Total Carbohydrate**, **Total Fat** and **Dietary Fiber** go in their columns.
- Quick check: protein grams divided by calories, times 100. Ten or more is a Lean pick.

Homemade recipes

Enter one portion of the finished dish. Most recipe sites and apps list per-serving nutrition, and every recipe on coachluke.com shows calories and protein per serving.

Nutrition Facts

Serving size 1 bar (60 g)

Calories	**200**
Total Fat	**7 g**
Total Carbohydrate	**22 g**
Dietary Fiber	**8 g**
Protein	**20 g**

In My Foods, type:

Food: My protein bar
Serving: 1 bar (60 g)
Calories 200, Protein 20
Carbs 22, Fat 7, Fiber 8
Rating shows: Lean (10 g / 100 cal)

HELP

Questions and quick fixes

The dropdown doesn't show my food.

Check spelling in My Foods, or scroll: the list follows the Food List order. In Google Sheets you can type part of the name to search.

A row shows blanks instead of numbers.

The food name must match the list exactly. Pick it from the dropdown instead of typing it.

My day isn't showing in Daily Totals.

Make sure the Date cell holds a real date (10/14/2026), not text. Daily Totals starts on your first logged day, or on the start date you typed on the Targets tab.

Can I track more than 12 weeks?

Yes. Make a fresh copy for your next 12 weeks, or change the start date on the Targets tab to begin a new block.

I eat out a lot.

Pick the closest food and adjust servings, or add the restaurant's posted nutrition to My Foods. Close enough is good enough.

Do I need to log vegetables and cooking oil?

Protein is the priority. Log oils, dressings and sweets if your weight stalls, since they add up fast.

Excel says 'Protected View'.

Click Enable Editing at the top so the formulas can run.

Can my partner use it too?

Each person should make their own copy so the targets are personal.

Is this medical advice?

No. These are general estimates for healthy adults. If you have kidney disease, diabetes, are pregnant or take medication that affects appetite, check your targets with your doctor or a registered dietitian.

PRINTABLE

Protein log for busy days

No phone handy? Jot it here and add it to the sheet later. Print as many copies as you need.

Day	Breakfast (g)	Lunch (g)	Dinner (g)	Snacks (g)	Total (g)	Hit?
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

My protein target: _____ g Per meal: _____ g Week of: _____

Wins this week: _____

One thing to do better next week: _____

YOUR FREE BONUS

28 days of coaching emails, free

Scan the code to get a short email from me every morning for 28 days. Each one gives you one small action for your tracker: setting smart targets, building 30-gram meals, fixing a stalled week, eating out, and more.

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THANK YOU

Keep going

Thank you for supporting a small business.
Reply to any coaching email and tell me how it's going.

Pairs perfectly with

- **The High-Protein Food Guide**: 102 high-protein foods in printable lists, plus a 30-gram meal cheat sheet, a 7-day high-protein meal plan, grocery list and fridge poster.

More from the Coach Luke shop at coachluke.com/shop

- 28-Day High-Protein Meal Plan
- 28-Day Chair Tai Chi Challenge
- The Tai Chi Bundle (chair, walking, and men's chair tai chi)
- Women's Home Workout Bundle (includes the Calisthenics Challenge)

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- **Free Resource Library**: printable guides and checklists at coachluke.com/free-library
- **Protein Needs Calculator** and 20+ more free tools at coachluke.com/free-tools
- Hundreds of high-protein recipes with calories and protein per serving.

Questions? Email coach@coachluke.com

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