

FREE PRINTABLE · CONSISTENCY

The 18/21 Weekly Tracker

You don't have to eat perfectly to get results. You need 18 of your 21 main meals on plan. Tick them off here.

HOW IT WORKS

Three steps

1 Three meals, seven days

That's 21 main meals a week.

2 Aim for 18

Eat to plan on 18 or more. That's about 86% – the 85–90% consistency that gets results.

3 Three are yours

Dinners out, birthdays, a Friday takeaway. Log them and move on – no restarting on Monday.

TRACKER

Week 1

Week starting _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	☐	☐	☐	☐	☐	☐	☐
Lunch	☐	☐	☐	☐	☐	☐	☐
Dinner	☐	☐	☐	☐	☐	☐	☐
Snacks on plan?	☐	☐	☐	☐	☐	☐	☐

MAIN MEALS

____ / 21

Target 18+

TRACKER

Week 2

Week starting _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	☐	☐	☐	☐	☐	☐	☐
Lunch	☐	☐	☐	☐	☐	☐	☐
Dinner	☐	☐	☐	☐	☐	☐	☐
Snacks on plan?	☐	☐	☐	☐	☐	☐	☐

MAIN MEALS

____ / 21

Target 18+

TRACKER

Week 3

Week starting _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	☐	☐	☐	☐	☐	☐	☐
Lunch	☐	☐	☐	☐	☐	☐	☐
Dinner	☐	☐	☐	☐	☐	☐	☐
Snacks on plan?	☐	☐	☐	☐	☐	☐	☐

MAIN MEALS

____ / 21

Target 18+

TRACKER

Week 4

Week starting _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	☐	☐	☐	☐	☐	☐	☐
Lunch	☐	☐	☐	☐	☐	☐	☐
Dinner	☐	☐	☐	☐	☐	☐	☐
Snacks on plan?	☐	☐	☐	☐	☐	☐	☐

MAIN MEALS

____ / 21

Target 18+

REVIEW

End of month

Weeks at 18+: ____ / 4

What made the on-plan weeks easier? _____
_____What got in the way? _____

Want the 18 already planned?

A Nutrient Warrior plan builds your meals around your targets and rotates cuisines so week three doesn't look like week one.

Comment "WEEK"