Hand-size portion guide (Training day)



Meal 1

- ◯ protein
- ◯ carb
- ◯ veggie
- ◯ fat
- ◯ water

Meal 2

- ◯ protein
- ◯ carb
- ◯ veggie
- ◯ fat
- ◯ water

Meal 3

- ◯ protein
- ◯ carb
- ◯ veggie

- [ ] fat
- [ ] water

Meal 4

- [ ] protein
- [ ] carb
- [ ] veggie
- [ ] fat
- [ ] water

Pre-workout

- [ ] protein
- [ ] carb
- [ ] veggie
- [ ] fat
- [ ] water

Post-workout

- [ ] protein
- [ ] carb
- [ ] veggie
- [ ] fat
- [ ] water

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