

# 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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