

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