Hand-size portion guide (Training day)



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IVI	eai	

\bigcirc	protein

	carb
-)	Caru

)	veggie
(- /	veggie

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	1	
(- 1	tot

Meal 2

/	١.	
-	- 1	protein

/	١.	carb
(-)	Carl

- veggie
- () fat
- water

Meal 3

- protein
- carb
- veggie

water

○ fat	
water	
Meal 4	
protein	
carb	
veggie	
o fat	
water	
Pre-workout	
protein	
carb	
veggie	
o fat	
water	
Post-workout	
protein	
carb	
veggie	
o fat	
water	Make and Share Free Checklists checkli.com