

Hand-size portion guide (Rest 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

Meal 5

- protein
- carb
- veggie
- fat
- water

Meal 6

- protein
- carb
- veggie
- fat
- water