

# 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

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