

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

Make and Share Free Checklists
checkli.com