

# 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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