Hand-size portion guide (Rest day)



М	eal	1

Proteir	\bigcirc	protein
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1	1	vego	110

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Meal 2

/	١.	+-
	- 1	protein

/	١.	
1	1	carb

- veggie
- () fat
- water

Meal 3

- protein
- carb
- veggie

water

o fat		
water		
Meal 4		
protein		
carb		
veggie		
☐ fat		
water		
Meal 5		
protein		
carb		
veggie		
☐ fat		
water		
Meal 6		
protein		
carb		
veggie		
o fat		
water	Make and Share Free Checklis checkli.co	