

Hand-size portion guide (Training 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
-

Pre-workout

- protein
- carb
- veggie
- fat
- water

Post-workout

- protein
- carb
- veggie
- fat
- water

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