DAILY PORTION TRACKER

	PROTEIN	VEGETABLES	CARBS	FATS
PER MEAL				
PER DAY				

MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

SERVING SIZE MEASUREMENTS

PALM
3-4 Ounces
20-30 Grames

FIST
1-2
Cups

CUPPED HANDFUL
1/2 -2/3 Cup
20-30 Grams

THUMB
1 Tablespoon
7-12 Grams