

Powerup your Nutrition

BUILD-A-MEAL WORKSHEET

Use this worksheet to come up with meals focused on vegetables and protein, complimented with the best carbohydrates and fats.

Save your favorite combos for easy future planning.

1-2 PALMS OF LEAN PROTEIN

1-2 FISTS OF VEGGIES

1-2 CUPPED HANDFULS OF THE BEST CARBOHYDRATES

1-2 THUMBS OF VEGETABLE FATS (OPTIONAL)

NUTRITION NEEDS VARY, THIS IS NOT A PRESCRIPTION

MEAL	PROTEIN	VEGETABLES	CARBOHYDRATE	FAT