

## NUTRITION LOG

Meal	Macro-nutrient	Serving Size	List Food Item & amount
1	Carbs Protein Fat	25-40g (1/2-1 cup) 15-30g 2-10g	
2	Carbs Protein Fat	25-40g (1/2-1 cup) 15-30g 2-10g	
3	Carbs Protein Fat	25-40g (1/2-1 cup) 15-30g 2-10g	
4	Carbs Protein Fat	20-30g (1/3-3/4 c) 15-30g 2-10g	
5	Protein Veggie	15-30g 1-3 servings	
6	Protein Veggie  (optional meal)	15-30g 1-3servings	

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