

## **Daily Portion Tracker**









Inside Palm (3-5oz or 25g)

Cupped Hand (15g net or 20g total)

Thumb Size (1 Tbl)

Cup (8 oz)

Macronutrients	PROTEINS	CARBS	FATS	WATER
Portions Per Day	5	6	7	10
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				