

# My Daily Portion Tracker



**Inside Palm**  
(3-5 oz or 25g)



**Cupped Hand**  
(15g net or 20g total)



**Thumb Size**  
(1 Tbl - 5g)



**Cup**  
(8 oz)

Macronutrients	PROTEINS	CARBS	FATS	WATER
Daily Portions				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				