

Food log (Terra Nova Fitness)

Portion sizes: **Lean protein** = open palm, **Vegetables** = fist, **Fat** = 1 entire thumb **Starchy carb** = chopped hand full

Servings for the day **Protein**= 3-4, **Vegetables** = 4-6, **Starchy carb** = 2-3, **Fat** = 3-4, (Have Starchy carb before/after workout, if at all)

Meal	M	T	W	T	F	S	S
<i>Breakfast</i>							
<i>Mid-Morning Snack</i>							
<i>Lunch</i>							
<i>Mid-Afternoon Snack</i>							
<i>Dinner</i>							

