

# Daily portion tracking sheet



PROTEIN



VEGETABLES



CARBS



FATS

	PROTEIN	VEGETABLES	CARBS	FATS
Per meal				
Per day				
Monday	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●
Tuesday	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●
Wednesday	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●
Thursday	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●
Friday	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●
Saturday	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●
Sunday	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●	●●●●● ●●●●●