



"INSPIRATION BEHIND THE PERSPIRATION"

BALANCING YOUR DIET!

DAILY TOTAL CALORIES	PROTEIN _____	_____	CALORIES OF PROTEINS PER MEAL	} TOTAL CALORIES PER MEAL _____
	CARBS _____	/ 6 MEALS = _____	CALORIES OF CARBS PER MEAL	
	FATS _____	_____	CALORIES OF FATS PER MEAL	

MEAL 1 _____

PROTEIN _____ CALORIES / 4 = _____ GRAMS
 CARBS _____ CALORIES / 4 = _____ GRAMS
 FATS _____ CALORIES / 9 = _____ GRAMS

MEAL 2 _____

PROTEIN _____ CALORIES / 4 = _____ GRAMS
 CARBS _____ CALORIES / 4 = _____ GRAMS
 FATS _____ CALORIES / 9 = _____ GRAMS

MEAL 3 _____

PROTEIN _____ CALORIES / 4 = _____ GRAMS
 CARBS _____ CALORIES / 4 = _____ GRAMS
 FATS _____ CALORIES / 9 = _____ GRAMS

MEAL 4 _____

PROTEIN _____ CALORIES / 4 = _____ GRAMS
 CARBS _____ CALORIES / 4 = _____ GRAMS
 FATS _____ CALORIES / 9 = _____ GRAMS

MEAL 5 _____

PROTEIN _____ CALORIES / 4 = _____ GRAMS
 CARBS _____ CALORIES / 4 = _____ GRAMS
 FATS _____ CALORIES / 9 = _____ GRAMS

*MEAL 6 _____

* THIS MEAL SHOULD ONLY CONTAIN PROTEINS + FATS. CARB INTAKE SHOULD BE VERY MINIMAL FOR THIS MEAL. THE CALORIES OF CARBS FOR THIS MEAL SHOULD BE SPREAD OUT OVER YOUR PREVIOUS 5 MEALS.

PROTEIN _____ CALORIES / 4 = _____ GRAMS
 CARBS _____ CALORIES / 4 = _____ GRAMS
 FATS _____ CALORIES / 9 = _____ GRAMS