



Daily Food Checklist (3 days listed per sheet)

Date: ____/____/____

- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water

- 10 g protein
- 10 g protein
- 10 g protein
- 10 g protein
- 10 g protein
- 10 g protein
- 10 g protein
- 10 g protein
- 10 g protein
- 10 g protein

- Veggies
- Veggies

Fruit

Date: ____/____/____

- 10 oz water
- 10 oz water
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- 10 oz water
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- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water
- 10 oz water

- 10 g Protein
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- Veggies
- Veggies

Fruit

The goal is to finish your checklist before other foods are consumed. This will make sure you are getting your optimal macronutrients first for the highest metabolic rate. It will also automatically limit your consumption of other less nutrient-dense foods you eat afterward.

10 grams of protein is about the size of a piece of meat you could hold in your hand and close your fingers around it. 30 grams would be a piece of meat about the size of your fist. Milk is also a good source with about 1 gram per ounce. You may count milk towards your water checklist but not other liquids because the absorption rate is lower on most beverages. Caffeinated and alcoholic drinks count ounce for ounce **against** your tally.

1 serving of veggies is about the same volume as your fist. Dark green veggies are best and the darker the better (i.e. Kale, broccoli, collard greens, spinach, etc.). 1 serving of fruit is the same volume as a medium apple.