



HABIT STARTER KIT

Habits allow us to go from 'before' to 'after' and make life easier and better.

MY TRACKER



www.mygaragefit.com

MEAL PLANNER

Use this for your own meal plan (if not using ours)

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

TRAINING PLANNER

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE							
Time & Duration							
WEEK 2							
TYPE							
Time & Duration							
WEEK 3							
TYPE							
Time & Duration							
WEEK 4							
TYPE							
Time & Duration							

FEMALE PORTION CONTROL GUIDE

PROTEIN

LEAN PROTEIN WITH EVERY MEAL

Eat 1 palm sized portion of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.



CARBOHYDRATES

CARBOHYDRATES BASED ON ACTIVITY

Eat 1 handful worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.



VEGETABLES

VEGETABLES WITH EVERY MEAL

Eat 1 closed fist of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.



FATS

HEALTHY FATS WITH EVERY MEAL

Eat 1 thumb sized portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.



MALE PORTION CONTROL GUIDE

PROTEIN



LEAN PROTEIN WITH EVERY MEAL

Eat 2 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

CARBOHYDRATES



CARBOHYDRATES BASED ON ACTIVITY

Eat 2 handfuls worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.

VEGETABLES



VEGETABLES WITH EVERY MEAL

Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

FATS



HEALTHY FATS WITH EVERY MEAL

Eat 2 thumb sized portions of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.