

FASTPITCH FUEL CHALLENGE



PROTEIN (3-5 SERVINGS PER DAY)

SERVING SHOULD BE ABOUT THE SIZE OF YOUR PALM

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

WRITE IN "1" FOR EACH SERVING OR "1/2" FOR SMALLER PORTIONS

EGGS							
POULTRY (CHICKEN, TURKEY, ETC)							
BEEF (STEAK, HAMBURGER, ETC)							
PORK (HAM, BACON, ETC)							
FISH (TUNA, SALMON, ETC)							
MILK/GREEK YOGURT (8 OZ/1 CUP = 1 SERVING)							
WHEY PROTEIN POWDER (1 SCOOP = 1 SERVING)							
OTHER							
DAILY TOTAL:							

CARBOHYDRATE - STARCH (4-5 SERVINGS PER DAY)

SERVING SHOULD BE THE SIZE OF YOUR FIST

BEANS							
POTATOES							
RICE / QUINOA							
PASTA							
OATMEAL / CEREAL							
BREAD (2 SLICES = 1 SERVING)							
CHIPS/CRACKERS (1 HANDFUL = 1 SERVING)							
OTHER							
DAILY TOTAL:							

CARBOHYDRATE - COLORFUL (3+ SERVINGS PER DAY)

SERVING SHOULD BE THE SIZE OF YOUR FIST.

RED/ORANGE FRUITS AND VEGETABLES							
YELLOW/WHITE FRUITS AND VEGETABLES							
GREEN FRUITS AND VEGETABLES							
BLUE/PURPLE FRUITS AND VEGETABLES							
OTHER							
DAILY TOTAL:							

FAT (3-4 SERVINGS PER DAY)

SERVINGS SHOULD BE THE SIZE OF YOUR THUMB . 1 TABLESPOON = 1 THUMB

BUTTER							
CHEESE (1 SLICE, 1 STICK, 1/4 CUP = 1 SERVING)							
PEANUT / ALMOND / CASHEW BUTTER							
OLIVE / COCONUT / VEGETABLE OIL							
AVOCADOS (1/4 AVOCADO = 1 SERVING)							
RAW NUTS / SEEDS (1/4 CUP = 1 SERVING)							
OTHER							
DAILY TOTAL:							