

# Portion Sizes

Your hands are a consistent and convenient way to estimate your portion sizes. You have them with you everywhere you go and they are generally proportional to you.



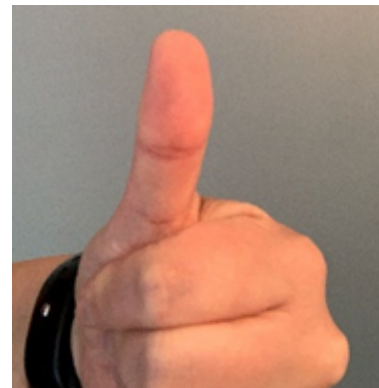
1 cupped hand = 1 serving of carbohydrates



1 palm = 1 serving of protein



1 fist = 1 serving of fruits and vegetables



1 thumb = 1 serving of fat



HERE  
FOR  
YOU

# Building Your Plate

The number of hand portions you eat at each meal will vary based on your goals

General recommendations for each meal are as follows

- 1-2 cupped handfuls of carbohydrates
- 1-2 palms of protein
- 1-2 fists of fruits and vegetables
- 1-2 thumbs of fat

If you aren't seeing results after 2 weeks consider adjusting your portion sizes

Try increasing portion sizes if you

- Aren't feeling satisfied at meals (still feeling hungry)
- Eat less throughout the day
- Are very active
- Are trying to gain muscle

Try decreasing your portion sizes if you

- Are feeling too full at meals (feeling stuffed)
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight



HERE  
FOR  
YOU