

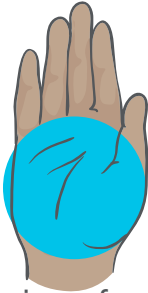
PORTION CONTROL GUIDE

**FORGET CALORIE COUNTING.
TRY THIS METHOD INSTEAD.**

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



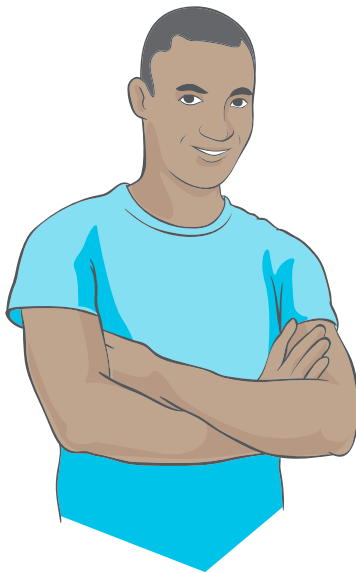
A serving of
vegetables = 1 fist



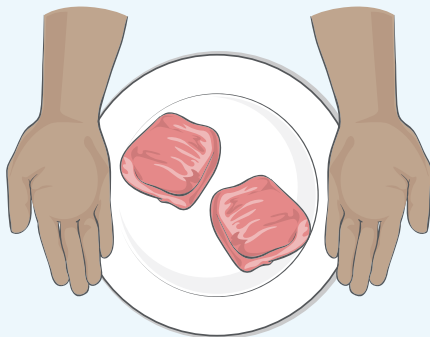
A serving of carbs
= 1 cupped hand



A serving of
fats = 1 thumb



**HERE'S HOW
TO USE THIS
METHOD
TO BUILD
A PLATE**

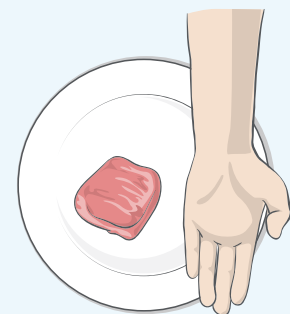


Men:
Two palm-sized portions
(~ 40-60 g protein)

**STEP
1**

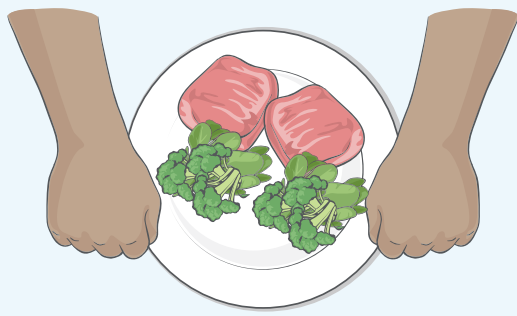
PROTEIN

Meat, fish, eggs,
cottage cheese,
and Greek yogurt



Women:
One palm-sized portion
(~ 20-30 g protein)



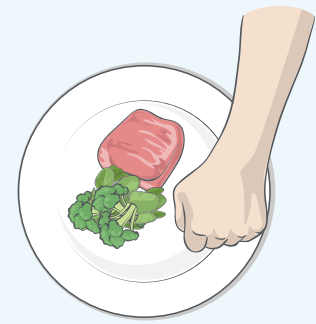


Men:
Two fist-sized portions

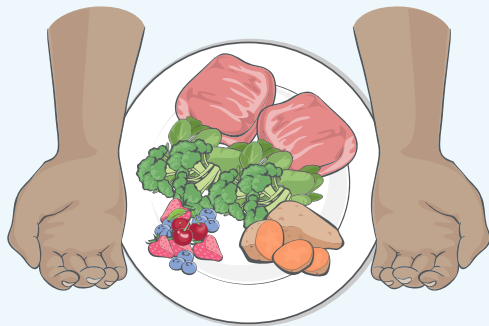
**STEP
2**

VEGETABLES

Broccoli, spinach,
salad, carrots, etc.



Women:
One fist-sized portion

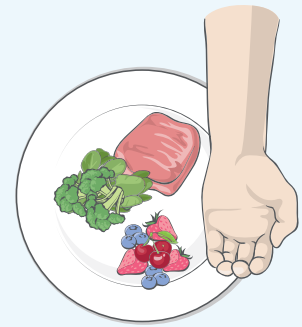


Men:
Two cupped-hand sized portions
(~ 40-60 g carbs)

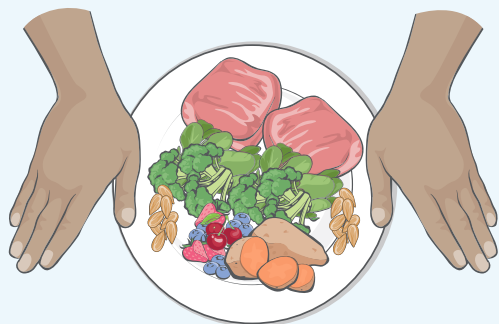
**STEP
3**

CARBOHYDRATES

Grains, starches,
beans, and fruits



Women:
One cupped-hand sized portion
(~ 20-30 g carbs)

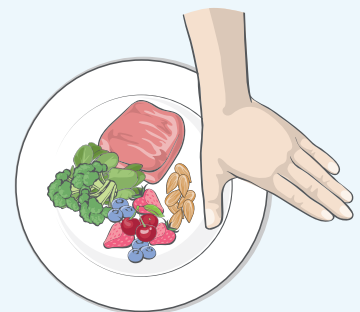


Men:
Two thumb-sized portions
(~ 15-25 g fat)

**STEP
4**

FATS

Oils, butters,
nut butters, nuts,
and seeds



Women:
One thumb-sized portion
(~ 7-12 g fat)

NOW, CUSTOMIZE YOUR DAILY INTAKE

Active men do best with 6-8 servings of each food group per day (~2,300-3,000 kcal).
Active women do best with 4-6 servings of each food group per day (~1,500 - 2,100 kcal).

From there, adjust the number of portions to meet your personal needs and goals.

IF YOU NEED MORE FOOD BECAUSE YOU...

- Are larger in stature
- Aren't feeling satisfied at meals
- Are very active
- Are trying to gain muscle
- Aren't getting muscle-gain results

IF YOU NEED LESS FOOD BECAUSE YOU...

- Are smaller in stature
- Are feeling too full at meals
- Are lightly active
- Are trying to lose weight
- Aren't getting weight-loss results

...THEN START BY ADDING...

Men: 2-4 cupped handfuls of carbs and/or
2-4 thumbs of fats to your daily intake.

Women: 1-3 cupped handfuls of carbs and/or
1-3 thumbs of fats to your daily intake.

...THEN START BY REMOVING...

Men: 2-4 cupped handfuls of carbs and/or
2-4 thumbs of fats from your daily intake.

Women: 1-3 cupped handfuls of carbs and/or
1-3 thumbs of fats from your daily intake.

**This system is easier than counting calories and nearly as accurate.
Just like with counting, though, pay attention to results and adjust as needed.**