

Hand Meal Construction

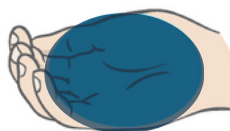
It's always with you and proportionate to your size - it's the perfect tool for measuring your food and nutrients.



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand

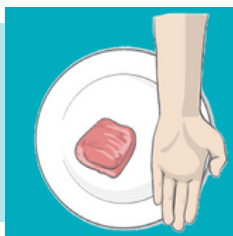


A serving of
fats = 1 thumb

WOMEN

STEP 1 Protein

**1 Palm Sized
Portions**
(~20-30g Protein)



Suggestions:
Meat, fish, eggs, cottage cheese,
greek yogurt, protein powders

PROTEIN

STEP 2 Veggies

**1 Fist Sized
Portions**



Suggestions:
Broccoli, spinach, kale, salads
and carrots etc

VEGGIES

STEP 3 Carbs

**1 Cupped-
Hand Sized
Portions**
(~40-60g Carbs)



Suggestions:
Grains, starches, beans and
fruits

CARBS

STEP 4 Fats

**1 Thumb-Sized
Portions**
(~40-60g Carbs)



Suggestions:
Oils, butters, nut butters, nuts
and seeds

FATS

Eating 3-4 meals as outlined would provide 1,200-1,500 kcal per day

Hand Meal Construction

Customisation

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

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

WOMEN

If you need MORE food because..

- > Are larger in stature
- > Aren't feeling satisfied at meal
- > Eat less frequently throughout the day
- > Are very active
- > Are trying to gain muscle
- > Aren't getting muscle gain results



..THEN START BY ADDING..

1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day

If you need LESS food because..

- > Are smaller in stature
- > Are feeling too full at meals
- > Eat more frequently throughout the day
- > Are not very active
- > Are trying to lose weight muscle
- > Aren't getting weight-loss results



..THEN START BY REMOVING..

1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day

This system is easier than counting calories and nearly as accurate.

Just like counting calories, though, pay attention to results and adjust as needed.