PEAK PERFORMANCE

Portion Control is Key!



HERE ARE 4 SIMPLE WAYS TO IMPROVE YOUR EATING HABITS



ARRANGE YOUR PLATE FOR SUCCESS! A SIMPLE GUIDE FOR **PORTION CONTROL**

At every meal, we want roughly 30% protein, 40% green leafy vegetables, no more than 15% of the vegetables coming from high glycemic (or starchy) foods, and about 15-20% healthy fats.... This seems complicated you say? It can be as simple as using your hand!

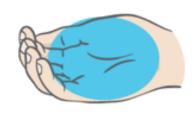
Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



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



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



PROTEIN

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



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Women:

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



Two fist-sized portions



VEGETABLES

Broccoli, spinach, salad, carrots, etc.



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Broccoli, spinach, salad, carrots, etc.



Women:

One fist-sized portion



Men:

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



beans, and fruits

STEP

nut butters, nuts,

and seeds

CARBOHYDRATES

Grains, starches, beans, and fruits



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



Men:

Two thumb-sized portions

(~ 15-25 g fat)





Oils, butters, nut butters, nuts, and seeds



Women:

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