



MEAL MAPPING

AIM FOR ONE SERVING AT EACH MEAL

SERVING SIZE = SIZE OF YOUR PALM

One palm for women. (20-30g)
Two palms for men. (40-60g)

GOAL: 1/4 - 1/2 PLATE OF PROTEIN



PROTEIN

AIM FOR TWO SERVINGS AT EACH MEAL

SERVING SIZE = SIZE OF YOUR FIST

Strive for 5 fists per day.

GOAL: 1/2 YOUR PLATE IS VEGETABLES.



VEGGIES

BEST IF ADDED AROUND YOUR WORKOUTS

SERVING SIZE = SIZE OF CUPPED HAND

The best choices for carbs are berries & veggies, including sweet potatoes, brown rice and quinoa!



CARBS

DON'T FORGET THE FATS

SERVING SIZE = SIZE OF YOUR THUMB

It's easy to include healthy fats in your diet by cooking in oil or by eating fish, nuts and avocados!

GOAL: HEALTHY FATS AT EACH MEAL.



HEALTHY
FATS

ZERO CALORIE BEVERAGES

DON'T SABOTAGE YOUR NUTRITION WITH SUGAR-LADEN DRINKS.

Choose from water, unsweetened tea & coffee.

DRINKS