

The perfect PORTION SIZES

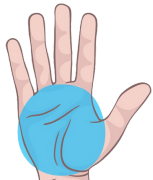
3 DAY ENERGY PACK

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

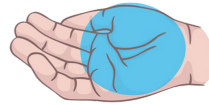
Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



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

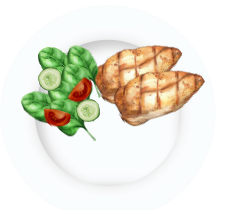


HERE'S HOW TO USE THIS METHOD TO BUILD YOUR PLATE

MEN



TWO PALM-SIZED PORTIONS
(40-60G PROTEIN)



TWO FIST-SIZED
PORTIONS



TWO CUPPED-HAND SIZED
PORTIONS (40-60G CARBS)



TWO THUMB-SIZED
PORTIONS (5-25G FAT)

Step 1
PROTEIN

chicken, turkey, fish,
lean beef, tofu, eggs

Step 2
VEGETABLES

greens, salad, colorful veggies, etc.

Step 3
CARBOHYDRATES

sweet potato, quinoa,
couscous, beans, lentils

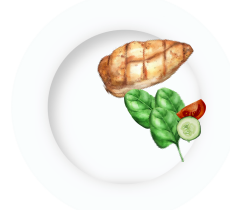
Step 4
FATS

coconut oil, avocado,
organic butter, ghee

WOMEN



ONE PALM-SIZED PORTION
(20-30G PROTEIN)



ONE FIST-SIZED
PORTION



ONE CUPPED-HAND SIZED
PORTION (20-30G CARBS)



ONE THUMB-SIZED
PORTION (7-12G FAT)

JUST LIKE WITH COUNTING, THOUGH, PAY ATTENTION TO RESULTS AND ADJUST AS NEEDED.