

# PORTION GUIDE

Adapted from Precision Nutrition's Calorie Control Guide

Use the guide below to portion your meal\*\*.  
(Remember, you can make more than one portion for leftovers the next day).

## PER SERVING:



### PROTEIN

Women: 1 palm  
Men: 2 palms



### VEGETABLES

Women: 1 fist  
Men: 2 fists



### CARBS

Women: 1 cupped hand  
Men: 2 cupped hands



### FAT

Women: 1 thumb  
Men: 2 thumbs

### Adjust portions up or down according to:

- How frequently you eat
- Your size/caloric needs
- How active you are
- Your results
- Appetite and satiety
- How frequently you eat