

Portion Sizes and General Nutrition

Unless you have experience with weighing, measuring, tracking your foods and counting calories; eating a balanced diet while hitting your macros can be a challenge!

We recommend keeping it simple by using the visual portioning method outlined below.

This system will allow you to build a balanced plate using portion sizes based on the size of your hand to help you figure out:

- **What to eat**
- **How much to eat**
- **When to eat it**

Customizing your plate is easy, all you have to do is follow the outline described for your gender and then adjusting your macros will be as easy as adding or subtracting 0.5 - 1 portion sizes of a food type to match your goals.

With this system:

- **Men** eating **3-4 meals per day**, as outlined below, would get about 2,300-3,000 calories each day.
- **Women** eating **3-4 meals per day**, as outlined below, would get about 1,200-1,500 calories each day.

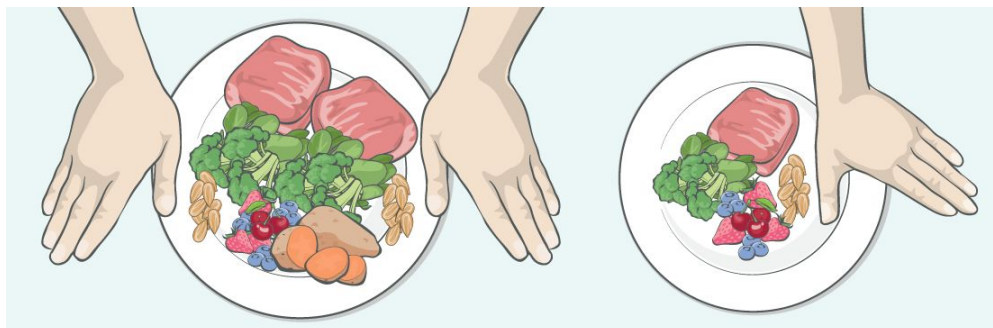
If your activity level is high:

- **Active men** do best with **6-8 servings** of each food group per day (about 2,300-3,000 calories)
- **Active women** do best with **4-6 servings** of each food group per day (about 1,500-2,100 calories)

Portion Sizing Guide

To make it easy, the portions are based on the size of your own hand.

The portioning below represent 1 meal based on the average person.



HOW TO BUILD A PLATE

Men:

Two palm sized portions with each meal



STEP 1: Protein

(Foods like meat, fish, eggs, dairy or beans)

Women:

One palm sized portion with each meal



Men:

Two fist sized portions with each meal



STEP 2: Vegetables

(Non-starchy veggies, like broccoli, spinach, salad, carrots, etc..)

Women:

One fist sized portion with each meal



Men:

Two cupped-hand sized portions with each meal



STEP 3: Carbohydrates

(Such as rice, grains, starches, or fruits)

Women:

One cupped-hand sized portion with each meal



Men:

2 thumb-sized portions of extra fats with most meals



STEP 4: Fat

(Like oils, butters, nut butters, nuts and seeds)

Women:

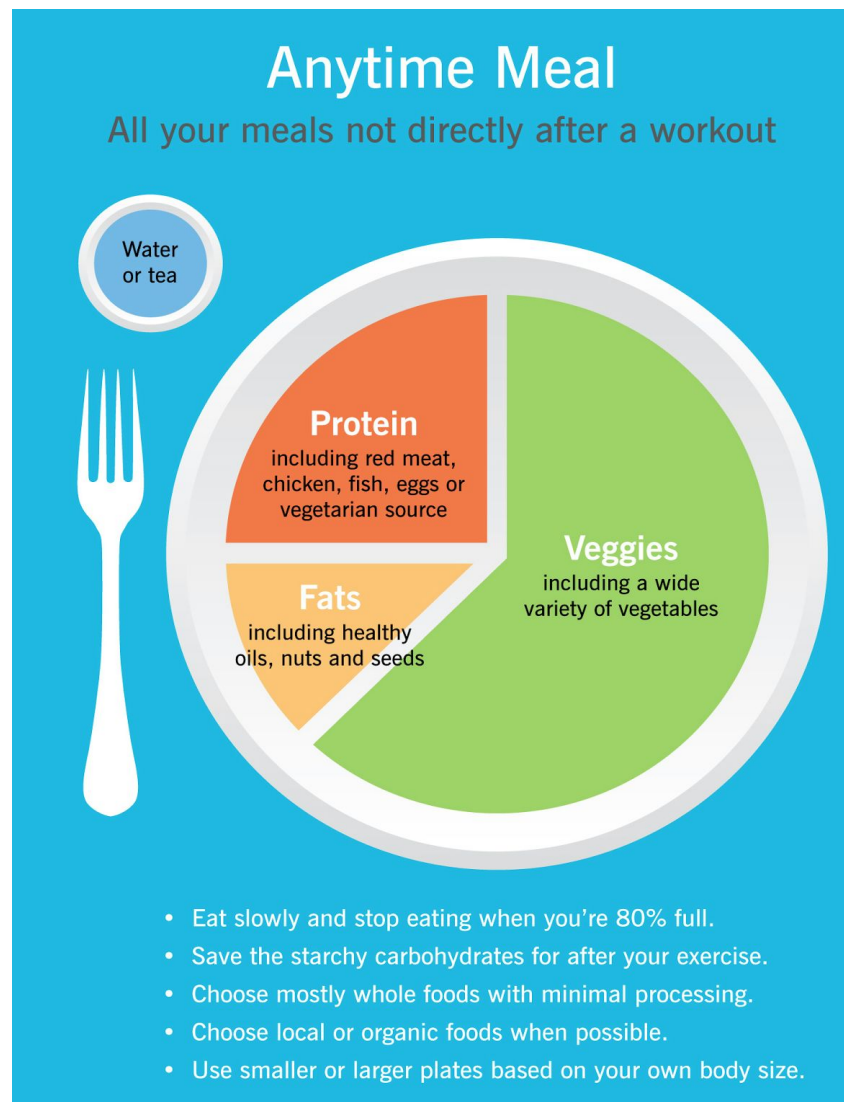
1 thumb-sized portion of extra fats with most meals



Another easy way to build a healthy plate is based on the plate itself, this method allows you to create a balanced meal by filling your plate with a specific ratio of each food type. The size of the plate should be relative to your body size, so use a smaller or larger plate based on that.

There are 2 different plates: the “Anytime Meal” and the “Post Workout Meal”.

1. **The Anytime Meal** recommendations are for those who either don’t exercise — in which case, they’d follow these recommendations exclusively — or for those who do exercise, in which case, they’d eat Anytime meals for every meal outside the post-exercise period.

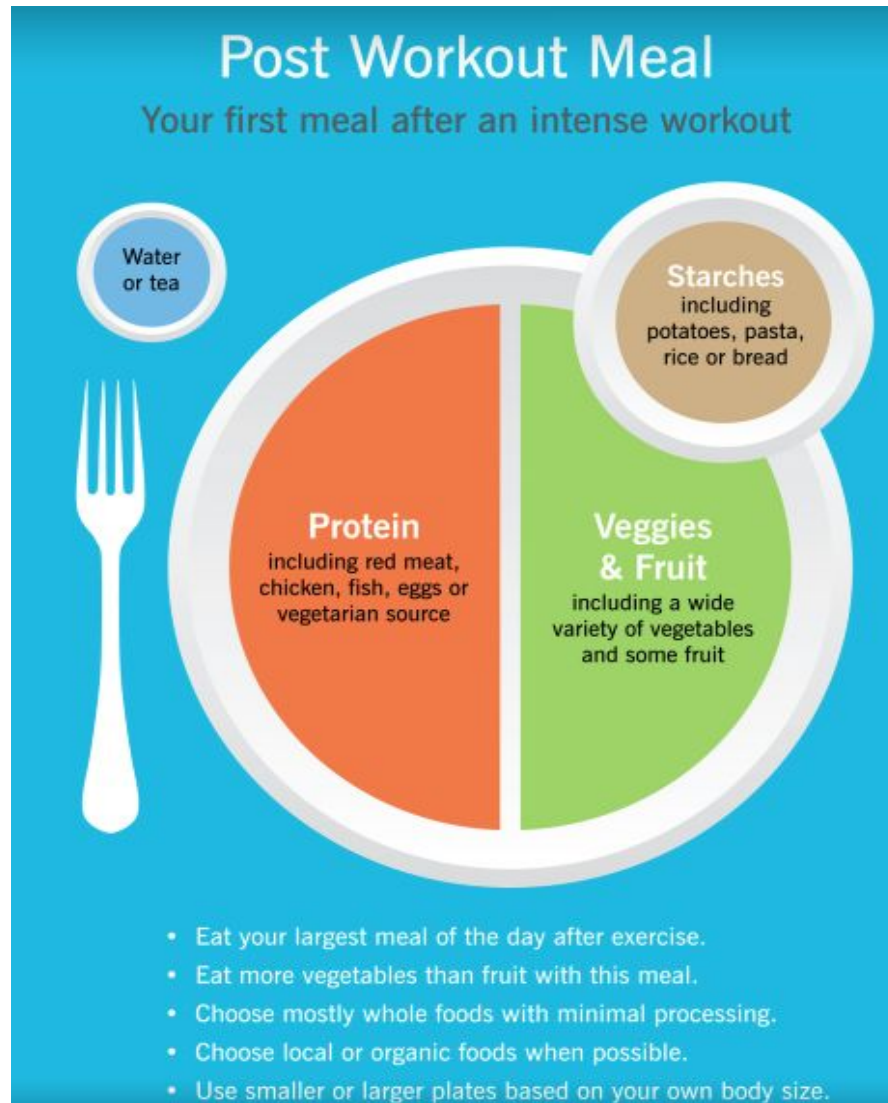


As you can see, most of the plate is full of nutrient-dense, high fiber, low-calorie vegetables. Protein helps with appetite control, maintaining lean mass, and optimizing the metabolism.

Healthy fats offer a myriad of benefits. The drink of choice is water or tea. We suggest you choose smaller plates if you're a smaller person and larger plates if you're a larger person. And we highly recommend putting down the fork when you're 80% full, not when the plate is empty.

We recommend minimizing starchy carbs until after exercise, which is when the body uses them most effectively. And we suggest choosing whole (less-processed) foods, with local and organic selections when possible.

2. **The Post Workout plate** recommendations are for those who perform intense exercise. Eat a Post Workout meal soon after your intense exercise sessions only.



This plate helps us take advantage of the body's metabolic response to exercise. It includes starchy carbohydrates and protein, which are great during times of increased glucose tolerance (during the post-exercise period).

We also advise a mix of vegetables and fruits. You'll notice there isn't much fat here. A higher fat meal post-workout slows the digestion and the assimilation of protein and carbohydrate.

So we recommend getting most dietary fat during anytime meals and most dietary carbohydrates during post workout meals. Keep in mind we're not suggesting you avoid fat. Just minimize added fat during this time.

Notice that the Post Workout portion is slightly larger, as we add a small side dish of starchy carbohydrates on top of a full plate of protein and fruits/veggies. Of course, one should use smaller or larger plates based on body size.

In terms of food selection, the Post Workout plate is still based on whole, unprocessed foods, with local and organic selections when possible.

Food Selection

<u>Lean Protein</u> <u>(LP)</u>	<u>Fattier Protein</u> <u>(FP)</u>	<u>Fibrous Carbs</u> <u>(FC)</u>	<u>Starch</u> <u>(S)</u>	<u>Fats</u> <u>(F)</u>
Chicken Breast Turkey Breast Canned Tuna Mahi Mahi Scallops Shrimp Whey Protein Casein Protein Egg Whites Pork Tenderloin Eye Round Steak Low Fat Greek Yogurt	Whole Eggs Salmon >93% Ground Meats Fattier cuts of beef	Spinach Romaine Mixed Greens Asparagus Brussels Sprouts Broccoli Kale Cauliflower Peppers Cucumber Onion Most Vegetables	White Potato Sweet Potato White Rice Brown Rice Oatmeal (dry) Quinoa Beans Lentils Granola (low fat) Cereal	Extra Virgin Coconut Oil Extra Virgin Olive Oil Macadamia Nut Oil Red Palm Oil Avocado Oil Butter Canola Oil Whole Nuts Nut Butters Avocados
One Serving: ~4 ounces 1 Palm size 1 Deck of cards 1 Scoop protein 1 Cup (egg whites and greek yogurt)	One Serving: ~3 ounces ~1 Palm size ~1 Deck of cards 4 whole eggs	One Serving: 1 Cup 1 Fist size 1 Cupped hand	One Serving: 1 Cup 1 Fist size 1 Cupped hand	One Serving: 1 Tbsp oil 2 Tbsp nut butters 1 Thumb size (knuckle up) 1 ounce of whole nuts
~25g of protein	~10g of fat ~22g of protein	~6g of carbs	~40g of carbs	~16g of fat

<u>Fruit</u>	<u>One Serving</u>
Apple Strawberry Blueberry Blackberry Raspberry Peach Nectarine Melon	Cupped hand Tennis ball size ~15-20g of carbs

The following “**5 Habits Cheat Sheet**” is a list of recommendations that when followed naturally lead to an improvement in calorie control, nutrient timing and food selection:

<u>5 Habits Cheat Sheet</u>	
1. Are you eating slowly?	Check in with hunger, sit down, relax and take your time; A meal should take 15-20 minutes to be consumed, you can work up to it. Make sure to stop eating when you're about 80% full.
2. Where is the protein dense food?	Are you about to eat at least 1 palm-sized portion of protein-dense food? Generally, women get 1 palm-sized portion and men get 2 palm-sized portions.
3. Where are the veggies?	Are you about to eat a large portion of veggies? They can be prepared any way you like. One serving is about 1 fist-sized portion and you should try to eat a more than one portion per meal if you are feeling extra hungry.
4. Where are the carbs?	If you have fat to lose but haven't just worked out, eat less pasta, bread, rice and other starchy carbs. Opt for a double serving of veggies instead. If you have just worked out, a serving of starchy carbs is fine.
5. Where are your fats coming from?	You need some fats from various foods. prioritizing whole food sources like eggs, meats, fish, olives, nuts and seeds.

Conclusion:

You should now have a better understanding of what a balanced meal looks like, how to build a plate and adjust the macronutrients based on your needs, and what an “anytime meal” and a “post workout” meal looks like. Use the “5 Habits Cheat Sheet” to help guide you and improve your nutritional habits at meal time.

The resources above will help you put together a sound nutrition plan that is aligned with your training program and will help you maximize your results as well as achieve your fitness goals!