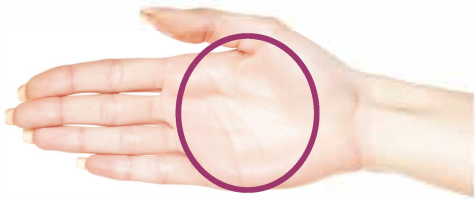


USE YOUR HANDS FOR PORTION CONTROL

MAKING YOUR PLATE

proteins



one or more palm-sized portion with each meal

carbs



one cupped hand-sized portion with most meals

veggies



one fist-sized portion with each meal

fats



one thumb-sized portion with most meals

These are the women's guidelines.

Use these visual guidelines as a starting point to start eating the correct portions beginning with your very next meal.

It's important to remember that perfection is never the goal! Even in weight loss mode, it's important for you to allow yourself a moderately sized "Planned Indulgence" on occasion.