

PRECISION NUTRITION
VIDEO COURSE

LESSON 2
THE KEY PRINCIPLES
OF ENERGY BALANCE

**THE BEST
CALORIE
CONTROL
GUIDE**





THE BEST CALORIE CONTROL GUIDE

Estimating portion size and food intake just got a whole lot easier.

By Brian St. Pierre

Head swimming with calorie numbers and daily allowances? Trust us...there's a better way to measure your portions. Try this calorie control guide. It's practical, powerful, and proven with over 100,000 coaching clients.

Trying to gain muscle? Lose weight? Just eat healthy?

Then finding the right portions is probably on your mind.

But calorie counting is usually a recipe for failure: It's annoying, impractical, and research shows it can be up to 25 percent inaccurate on both sides — calories in, and calories out.

We can't stand it. So we came up with a better way for Precision Nutrition Coaching clients — and anyone else who wants to look and feel better — to get the right amount and balance of food at every meal.

PORTION CONTROL GUIDE

FORGET CALORIE COUNTING. TRY THIS METHOD INSTEAD.

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

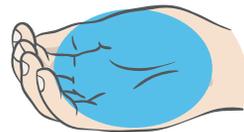
Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



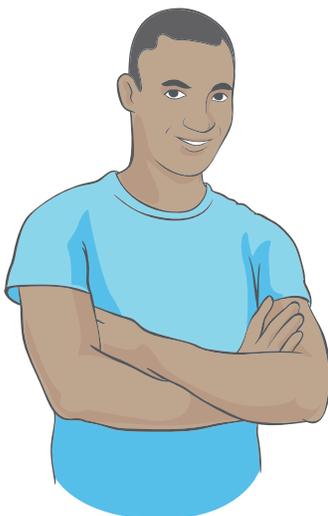
A serving of
vegetables = 1 fist



A serving of carbs =
1 cupped hand

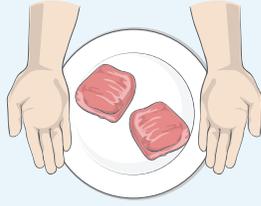


A serving of
fats = 1 thumb



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





Men:
Two palm-sized portions
(~ 40-60 g protein)

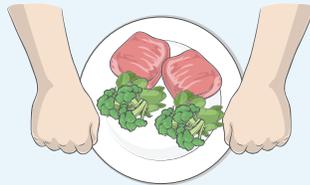
STEP 1

PROTEIN

Meat, fish, eggs,
cottage cheese,
and Greek yogurt



Women:
One palm-sized portion
(~ 20-30 g protein)



Men:
Two fist-sized portions

STEP 2

VEGETABLES

Broccoli, spinach,
salad, carrots, etc.



Women:
One fist-sized portion



Men:
Two cupped-hand sized portions
(~ 40-60 g carbs)

STEP 3

CARBOHYDRATES

Grains, starches,
beans, and fruits



Women:
One cupped-hand sized portion
(~ 20-30 g carbs)

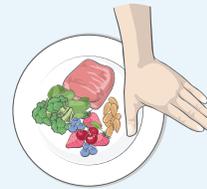


Men:
Two thumb-sized portions
(~ 15-25 g fat)

STEP 4

FATS

Oils, butters,
nut butters, nuts,
and seeds



Women:
One thumb-sized portion
(~ 7-12 g fat)

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

NOW, CUSTOMIZE THE PLAN FOR YOU

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

From there, adjust the number of portions to meet your personal needs and goals.

IF YOU NEED MORE FOOD BECAUSE YOU...

- Are larger in stature
- Aren't feeling satisfied at meals
- Eat less frequently throughout the day
- Are very active
- Are trying to gain muscle
- Aren't getting muscle-gain results

IF YOU NEED LESS FOOD BECAUSE YOU...

- Are smaller in stature
- Are feeling too full at meals
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight
- Aren't getting weight-loss results

...THEN START BY ADDING...

Men: 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.

Women: 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.

...THEN START BY REMOVING...

Men: 1 cupped handful of carbs and/or 1 thumb of fat from a few meals each day.

Women: 1/2 cupped handful of carbs and/or 1/2 thumb of fat from a few meals each day.

This system is easier than counting calories and nearly as accurate. Just like with counting, though, pay attention to results and adjust as needed.

Want to learn more?

If you'd like to learn more about helping people find the best way of eating for them, check out our [Precision Nutrition Level 1 Certification](#) program; the next group kicks off soon.

The Precision Nutrition Level 1 Certification is the world's most respected nutrition education program. It gives you the knowledge, systems, and tools you need to *really* understand how food influences a person's health and fitness. Plus the ability to turn that knowledge into a thriving coaching practice.

Developed over 15 years, and proven with over 100,000 clients and patients, the Level 1 curriculum stands alone as the authority on the science of nutrition and the art of coaching.

Whether you're already mid-career, or just starting out, the Level 1 Certification is your springboard to a **deeper understanding of nutrition**, the **authority to coach it**, and the **ability to turn what you know into results**.

Visit this link for more information:

<http://get.pn/level-1>

[Of course, if you're already a student or graduate of the Level 1 Certification, check out our [Level 2 Certification](#), an exclusive year long Master Class for elite professionals looking to take their nutrition knowledge and coaching techniques to the highest possible level.]