YOUR HAND IS ALL YOU NEED

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

STEP 1

Men: Two palm-sized portions (~ 40-60 g protein)
Women: One palm-sized portion (~ 20-30 g protein)

STEP 2

Men: Two fist-sized portions
Women: One fist-sized portion

STEP 3

Men: Two cupped-hand-sized portions (~ 40-60 g carbs)
Women: One cupped-hand-sized portion (~ 20-30 g carbs)

STEP 4

Men: Two thumb-sized portions (~ 15-25 g fat)
Women: One thumb-sized portion (~ 7-12 g fat)

NOW, CUSTOMIZE THE PLAN FOR YOU

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

VEGETABLES
Broccoli, spinach, salad, carrots, etc.

CARBOHYDRATES
Grains, starchy vegetables, beans, and fruits

FATS
Oils, butters, nut butters, nuts, and seeds

YOUR HAND IS ALL YOU NEED

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

• 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

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

IF YOU NEED LESS FOOD

• 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 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.