IF YOU NEED MORE FOOD
BECAUSE YOU…

Men: 2-4 cupped handfuls of carbs and/or 2-4 thumbs of fats to your daily intake.

Women: 1-3 cupped handfuls of carbs and/or 1-3 thumbs of fats to your daily intake.

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

STEP 1

PROTEIN

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

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

STEP 2

VEGETABLES

Men: Two fist-sized portions

Women: One fist-sized portion

STEP 3

CARBOHYDRATES

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

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

STEP 4

FATS

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

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

IF YOU NEED MORE FOOD BECAUSE YOU...

- Are larger in stature
- Are very active
- Are trying to gain muscle
- Aren’t getting muscle-gain results

...THEN START BY ADDING...

Men: 2-4 cupped handfuls of carbs and/or 2-4 thumbs of fats to your daily intake.

Women: 1-3 cupped handfuls of carbs and/or 1-3 thumbs of fats to your daily intake.

IF YOU NEED LESS FOOD BECAUSE YOU...

- Are smaller in stature
- Are very active
- Are trying to lose weight
- Aren’t getting weight-loss results

...THEN START BY REMOVING...

Men: 2-4 cupped handfuls of carbs and/or 2-4 thumbs of fats from your daily intake.

Women: 1-3 cupped handfuls of carbs and/or 1-3 thumbs of fats from your daily intake.

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

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.

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.