



# PORTION CONTROL GUIDE

[www.pltnutritionandfitness.com](http://www.pltnutritionandfitness.com)

## MALE PORTION CONTROL GUIDE



### PROTEIN

#### LEAN PROTEIN WITH EVERY MEAL

*Eat 2 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.*



### VEGETABLES

#### VEGETABLES WITH EVERY MEAL

*Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.*



### CARBOHYDRATES

#### CARBOHYDRATES BASED ON ACTIVITY

*Eat 2 handfuls worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.*



### FATS

#### HEALTHY FATS WITH EVERY MEAL

*Eat 2 thumb sized portions of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.*

## FEMALE PORTION CONTROL GUIDE

### PROTEIN

#### LEAN PROTEIN WITH EVERY MEAL

*Eat 1 palm sized portion of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.*



### VEGETABLES

#### VEGETABLES WITH EVERY MEAL

*Eat 1 closed fist of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.*



### CARBOHYDRATES

#### CARBOHYDRATES BASED ON ACTIVITY

*Eat 1 handful worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.*



### FATS

#### HEALTHY FATS WITH EVERY MEAL

*Eat 1 thumb sized portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.*

