



# MEAL MAPPING GUIDE

## AIM FOR ONE SERVING AT EACH MEAL

### SERVING SIZE = SIZE OF YOUR PALM

One palm for women. (20-30g)

Two palms for men. (40-60g)

GOAL: 1/4 - 1/2 PLATE OF PROTEIN



01  
STEP

## AIM FOR TWO SERVINGS AT EACH MEAL

### SERVING SIZE = SIZE OF YOUR FIST

Strive for 5 fists per day.

GOAL: 1/2 YOUR PLATE IS VEGETABLES.



02  
STEP

## BEST IF ADDED AROUND WORKOUTS

### SERVING SIZE = SIZE OF CUPPED HAND

The best choices for carbs are berries & veggies, including sweet potatoes, rice and quinoa!



03  
STEP

## DON'T FORGET THE FATS

### SERVING SIZE = SIZE OF YOUR THUMB

It's easy to include healthy fats in your diet by cooking in oil or by eating fish, nuts and avocados!



04  
STEP

## ZERO CALORIE BEVERAGES

GOAL: HEALTHY FATS AT EACH MEAL.

DON'T SABOTAGE YOUR NUTRITION WITH SUGAR-LADEN DRINKS.

Choose from water, unsweetened tea & coffee.

05  
STEP