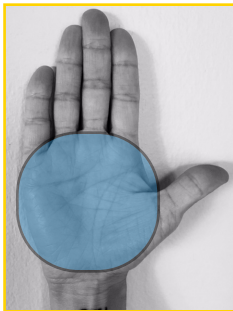


THIS WEEK'S GOAL IS PORTION CONTROL

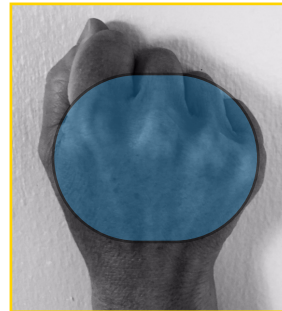
Calories in vs. calories out. That's how you control your weight, right? Figure out how many calories you need each day; look up everything you eat, keep track of all the calories you eat, then figure out how many calories you burn each day. It's simple! Just eat fewer calories than you burn to lose weight.

Except that counting calories correctly is almost impossible. We overestimate our exercise, and underestimate our food intake by as much as 25% on each side!

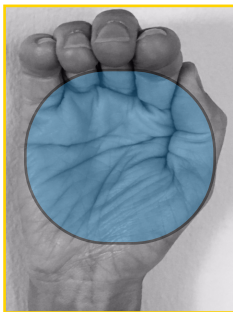
A more accurate (and easier!) way to figure out the portion of food that is perfect for **YOU** is available right in your hands.



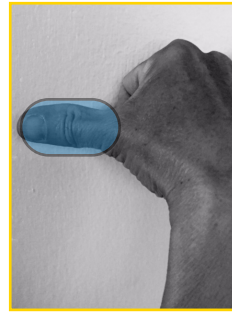
1 PALM = 1 serving of protein-dense foods (meat, fish, eggs, cottage cheese and greek yogurt).



1 FIST = 1 serving of veggies (broccoli, cauliflower, salad, spinach etc).



1 CUPPED HAND = 1 serving of carbohydrate-dense foods (fruits, grains, & starches such as potatoes & beans)



1 THUMB = 1 serving of fat-dense foods (oils, butter, nut butters, nuts/seeds).

TO BUILD THE PERFECT PLATE:

MEN SHOULD INCLUDE:

2 palm sized portions of protein at each meal
2+ fist sized portions of veggies at each meal
2 cupped hands of carbs at most meals
2 thumbs of fats at most meals

WOMEN SHOULD INCLUDE:

1 palm sized portion of protein at each meal
1+ fist sized portion of veggies at each meal
1 cupped hand of carbs at most meals
1 thumb of fats at most meals

The above portions are a terrific starting point. However...

The veggies portion is a starting point. You can really eat unlimited veggies. Veggies are high in vitamins, minerals, fiber anti-oxidants and low in calories. You really can't eat too many veggies!

If you need to eat more because you are larger in stature, are very active or aren't satisfied after a meal, add one more veggie, carb and/or fat serving to 1-2 meals each day.

If you need to eat less because you are smaller in stature, feel too full or are trying to lose weight, take out one serving of carbs and/or fat in 1-2 meals each day.

PLEDGE: THIS WEEK I WILL CONTINUE TO CONSCIOUSLY ADD MORE FIBER TO EACH OF MY MEALS. I WILL ALSO USE MY HAND TO DETERMINE MY PORTION SIZES OF EACH FOOD GROUP. I WILL RECOGNIZE FINDING THE RIGHT PORTIONS FOR MY BODY IS A WORK IN PROGRESS AND I WILL TWEAK AS NECESSARY UNTIL I FIND WHAT WORKS BEST FOR ME. MOST IMPORTANTLY, IF I FAIL TO CONSCIOUSLY ADD FIBER AND DON'T KEEP AN EYE ON MY PORTIONS ONE DAY, I WILL REALIZE EACH MEAL AND EACH DAY ARE A CHANCE TO START OVER.