

# MEAL MAPPING

## PROTEIN

### 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: ¼ - ½ PLATE OF PROTEIN**



## VEGGIES

### AIM FOR TWO SERVINGS AT EACH MEAL

SERVING SIZE = SIZE OF YOUR FIST

STRIVE FOR 5 FISTS PER DAY

**GOAL: ½ PLATE IS VEGETABLES**



## CARBS

### BEST IF ADDED AROUND YOUR WORKOUTS

SERVING SIZE = SIZE OF CUPPED HAND

**THE BEST CHOICES FOR CARBS ARE BERRIES & VEGGIES, INCLUDING SWEET POTATOES, BROWN RICE & QUINOA!**



## HEALTHY FATS

### 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!**

**GOAL: HEALTHY FATS AT EACH MEAL**



## ZERO CALORIE BEVERAGES

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

**CHOOSE FROM WATER, UNSWEETENED TEA & COFFEE.**