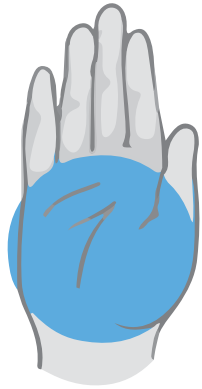
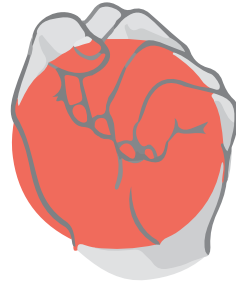


hand portion guide



**protein**

**1-2 servings per meal**  
*measure with a flat palm*



**veggies**

**1-3 servings per meal**  
*measure with a fist*



**starch**

**0-1 servings per meal**  
*measure with a cupped palm*



**fat**

**1 serving per meal**  
*measure with a thumb*