

**HUNDREDS OF EASY, DELICIOUS HEALTHY
DINNERS FROM OUR INGENIOUS CHEF**

PORTION CONTROL GUIDE

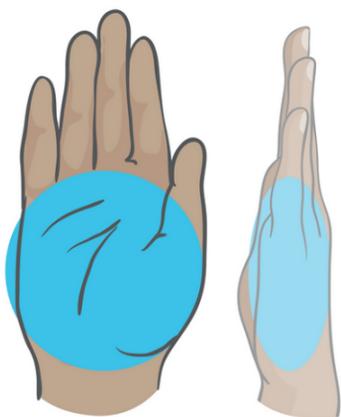
SKIP CALORIE COUNTING. TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories and macros, but we think there is another way. Try our (much easier) hand portion system.

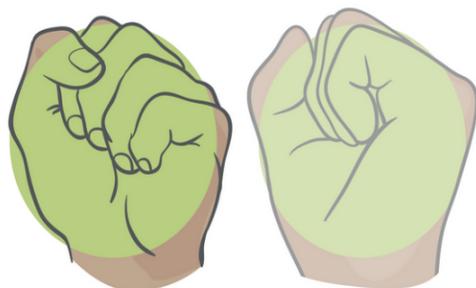


YOUR HAND IS YOUR PORTIONING TOOL

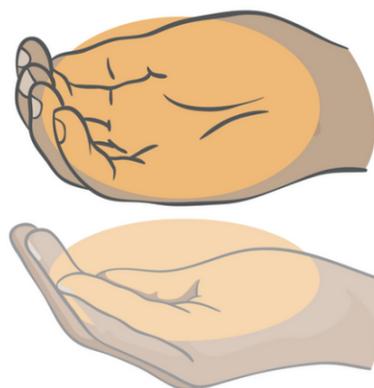
Your hand is proportioned to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



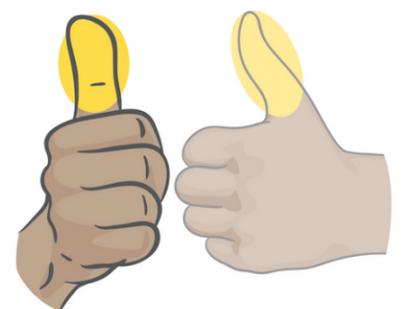
A portion of protein =
1 palm



A portion of
vegetables = 1 fist



A portion of carbs =
1 cupped hand



A portion of fats
= 1 thumb



TAILOR PORTIONS TO YOUR ACTIVITY LEVEL, GOALS, AND PREFERENCES

Moderately active people can generally maintain their weight and improve health within portions of each group per meal. * but there's lots of potential for variations. Here are some examples for customized plates based on eating 3 meals per day.

	PROTEIN	VEGETABLES	CARBOHYDRATES	FATS
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LOWER ENERGY NEEDS

E.g. meat, fish, eggs, cottage cheese, Greek yogurt, tempeh, tofu

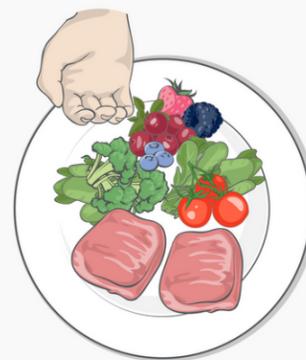
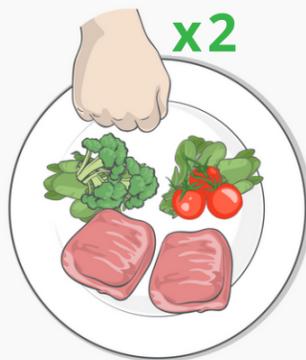
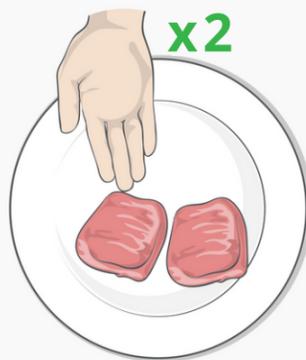
E.g. broccoli, spinach, squash, carrots, tomatoes

E.g. grains, potatoes, beans, fruits

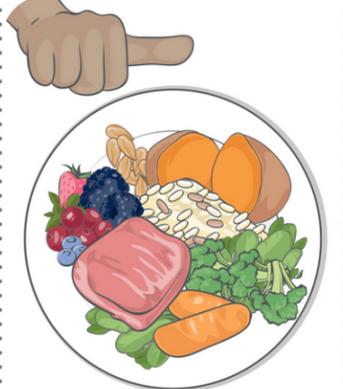
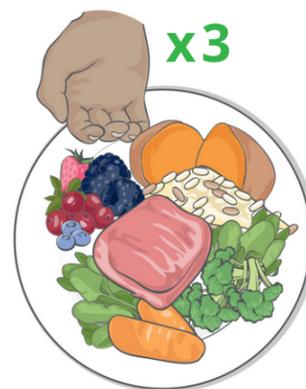
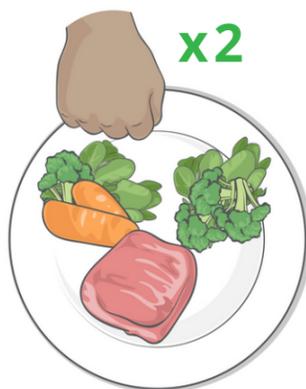
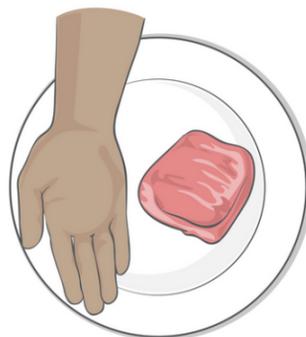
E.g. oils, butters, nut butters, nuts, seeds

Minimal activity: No purposeful exercise, <6,000 steps/day

Goal: Lose body fat and overall body weight
Preference: Balanced

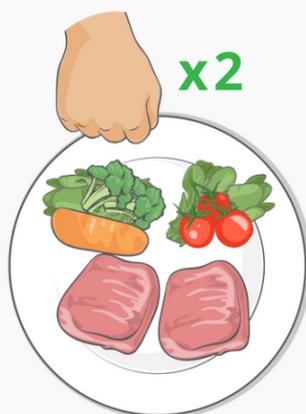
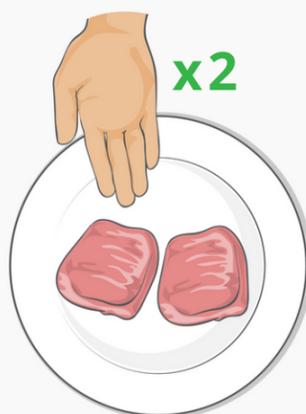


Goal: Improve health and maintain body weight
Preference: Higher-carb



Moderate activity: 3-4 workouts/week, 6,000 -10,000 steps/day

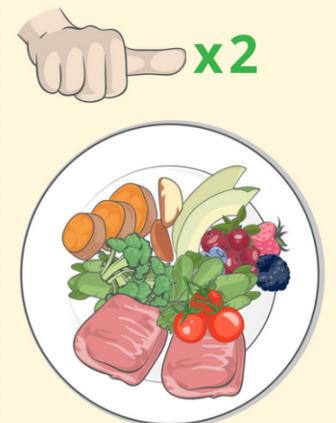
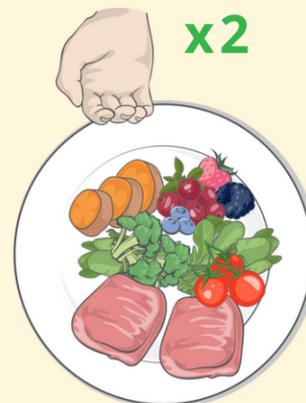
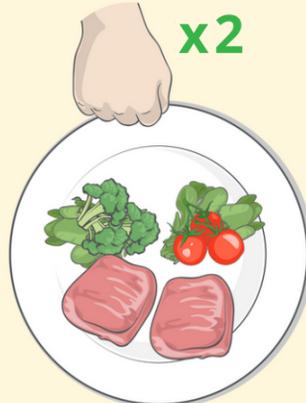
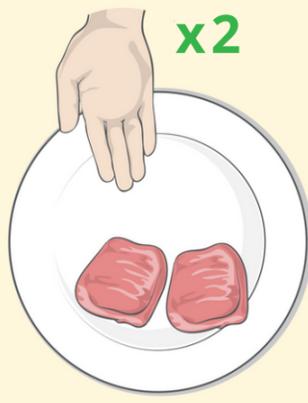
Goal: Lose body fat and overall body weight
Preference: Lower-carb



Goal:
Improve health and
maintain body weight

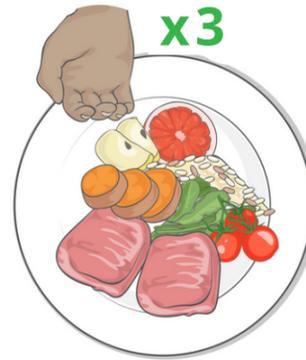
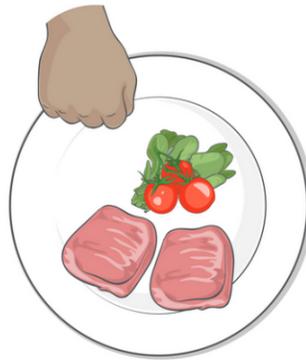
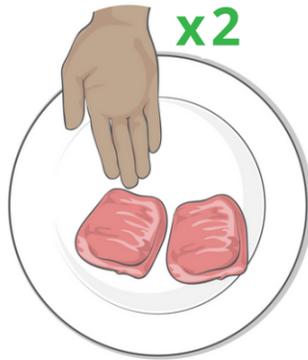
Preference:
Balanced

If you're a new to hand
portions this plate may be a
good place to start.



Goal:
Gain muscle and
overall body weight

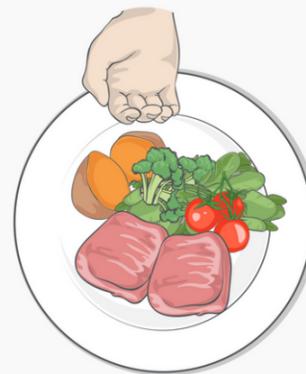
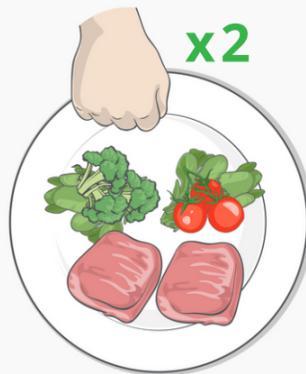
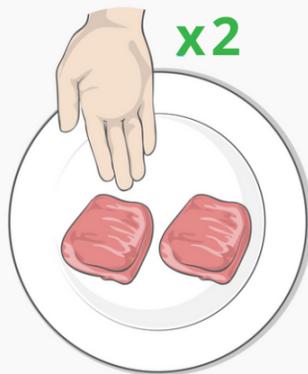
Preference:
Balanced



High activity: 6-7 workouts/week, 10,000 -15,000 steps/day

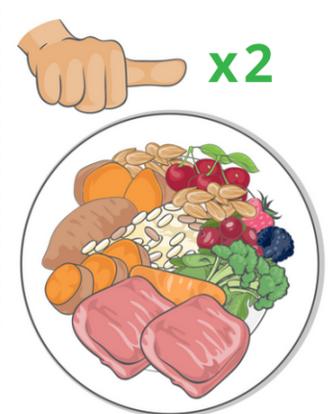
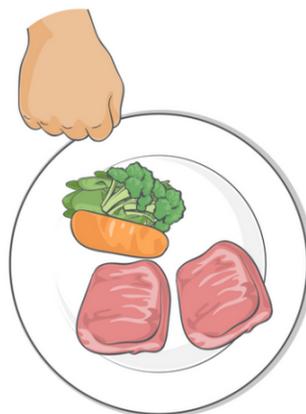
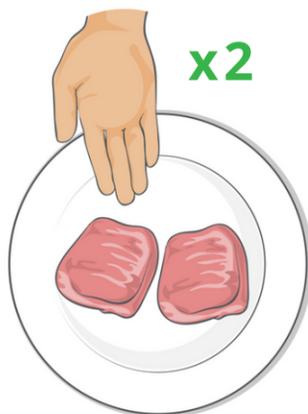
Goal:
Improve health and
maintain body weight

Preference:
Lower-carb



Goal:
Gain muscle and
overall body weight

Preference:
Higher-carb



**HIGHER ENERGY
NEEDS**

**Not sure where good food fits? Check out ['What Should I Eat?'](#)
[Our 3-step guide for choosing best foods form your body.](#)**



*1-2 portions of each group per meal works out to ~400-800 kcal for men and ~350-700 kcal for women.



EASY WAYS TO CUSTOMIZE YOUR HAND PORTIONS

IF YOU NEED MORE FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Not feeling satisfied at meals
- Eating fewer meals throughout the day
- Not getting muscle-gain results

IF YOU NEED LESS FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Feeling too full at meals
- Eating more meals throughout the day
- Not getting weight-loss results

...THEN START BY ADDING...

1 cupped handful of carbs



and/or

1 thumb of fat



...TO A FEW MEALS, FOR A TOTAL FOR 2-3 ADDITIONAL PORTIONS EACH DAY.

...THEN START BY REMOVING...

1 cupped handful of carbs



and/or

1 thumb of fat



...FROM A FEW MEALS, FOR A TOTAL FOR 2-3 FEWER PORTIONS EACH DAY.

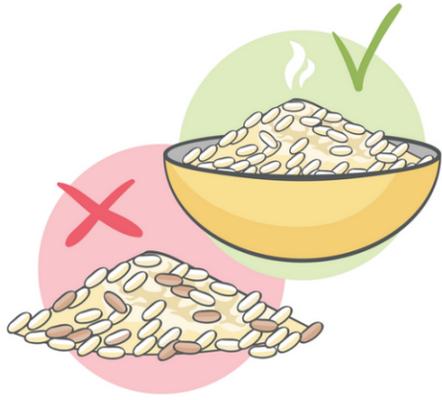
Want personalized hand portion amounts?

Contact us at info@chicagofitperformance.com and we'll create a customized calorie and macro portion plan based on your goals, preferences, age, body size and activity level.





HAND PORTION FAQ



Cooked or uncooked?

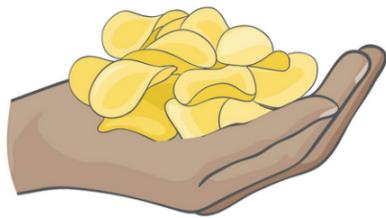
Gauge portions in the form you plan to eat them. Hand portions are for *plating* your food.



How do I count mixed-food meals, like chili?

Don't overthink it.

- Guesstimate your portions.
- Eat mindfully, paying attention to your fullness cues.
- Add a side of veggies (and maybe extra protein).



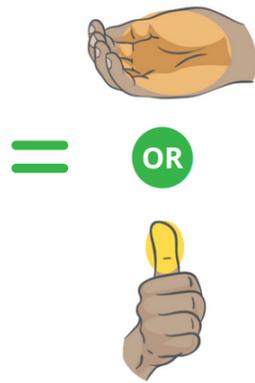
How about cookies, ice cream, chips (and other highly-processed foods)?

One handful is equal to 1 thumb of fat and 1 cupped hand of carbs.

How do I handle alcohol?



1 serving of wine, light beer or spirits



1 serving of mixed drinks, craft or high-alcohol beer, or desert wine

