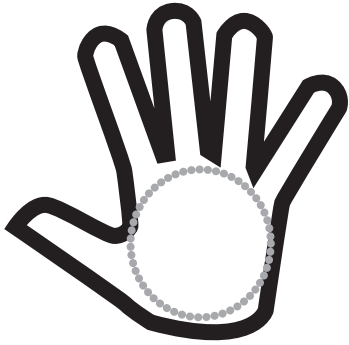


MEAL CHEAT SHEET

ANYTIME MEAL (AT):

PROTEIN



1 PALM SIZED
PORTION
(2 for men)

VEGETABLES/ FRUIT



1-3 FIST SIZED
PORTIONS

FATS, OILS
NUTS & SEEDS



1 THUMB SIZED
PORTION

POST WORKOUT MEAL (PWO):

1-2 meals on workout days only

PROTEIN



1 PALM SIZED
PORTION
(2 for men)

VEGETABLES/ FRUIT



1-3 FIST SIZED
PORTIONS

COMPLEX CARBS



1 CUPPED HAND SIZED
PORTIONS OF STARCHY
VEGGIES OR 100% WHOLE GRAIN

WATER:



100 oz daily