

MEAL MAPPING

<p>PROTEIN</p>	<p>AIM FOR ONE SERVING AT EACH MEAL</p> <p>Serving Size = Size of your palm One palm for women. (20-30g) Two palms for men. (40-60g) Goal: ¼ - ½ plate of protein</p>
<p>VEGGIES</p>	<p>AIM FOR TWO SERVINGS AT EACH MEAL</p> <p>Serving Size = Size of your fist Strive for 5 fists per day. Goal: ½ your plate is vegetables</p>
<p>CARBS</p>	<p>BEST IF ADDED AROUND YOUR WORKOUTS</p> <p>Serving Size = Size of cupped hand The best choices for carbs are berries & veggies, including kumara, brown rice and quinoa!</p>
<p>HEALTHY FATS</p>	<p>DON'T FORGET THE FATS</p> <p>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</p>
<p>DRINKS</p>	<p>ZERO CALORIE BEVERAGES</p> <p>Don't Sabotage Your Nutrition With Sugar-Laden Drinks Choose from water, unsweetened tea & coffee</p>

