

BestBodies for Life

ALL YOUR MEALS MIGHT DIFFER IN TASTE, SHAPE, AND COLOR

BUT WITH YOUR BLUEPRINT- YOUR PORTION SIZES WON'T

1 PORTION
A FIST = 1 CUP



2 THUMBS = 1 TBSP
1 PORTION



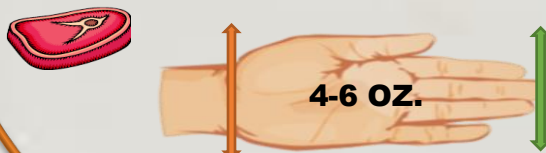
2 PALMS = 1 SLICE BREAD
1 PORTION



1 HANDFUL = 1-1.5 OZ.
(1 SNACK PORTION)



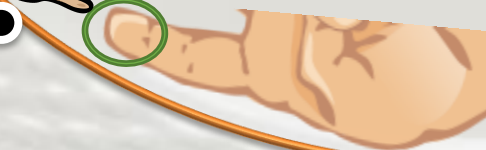
1 HAND = PORTION OF PROTEIN



1 PALM = GRAINS/STARCH OR FRUITS & VEGETABLES
1 PORTION



1 PORTION
1 TIP OF INDEX FINGER = 1 TSP



-USE THE BLUEPRINT WHEN:
-PREPARING YOUR MEALS
-ORDERING IN OR OUT OR -SIMPLY CHECKING YOUR PORTIONS

USE THE BLUEPRINT WHEN:
-PREPARING YOUR MEALS
-ORDERING IN OR OUT TO EAT
-SIMPLY CHECKING YOUR PORTIONS

Meal Portion Blueprint