



PORTION BY BODYTYPE 5 FT 5 BELOW

SLOW BURNER

PROTEIN

- Serving size = **1 Full Palm**
- Protein is a great snack by itself
- See a list of Proteins below

VEGETABLES

- Serving size = **1 & half Fists**
- If you're still hungry you can have more!
- See a list of vegetables below
- Don't overcook vegetables, as this depletes the nutrients & increases the glycemic index

STARCHY CARB

- Serving size = **Half Fist**
- Choose Starchy or Fruit, not both, or combine half servings of each
- See a list of vegetables below

FRUITS

- Serving size = **Half Fist**
- Choose Fruit or Starchy, not both, or combine half servings of each
- See a list of Fruits below
- Avoid fruit juices eat your fruit don't drink it

NUTS

- Serving size = **1 & Half handfuls**
- See a list of Nuts below
- Nuts are a perfect snack

OILS

- Serving size = **1 & Half thumb's**
- See a list of Oils below
- Be careful on servings very caloric



PORTION BY BODYTYPE 5 FT 5 BELOW

AVERAGE BURNER

PROTEIN

- Serving size = **1 & half Full Palm**
- Protein is a great snack by itself
- See a list of Proteins below

VEGETABLES

- Serving size = **2 Fists**
- If you're still hungry you can have more!
- See a list of vegetables below
- Don't overcook vegetables, as this depletes the nutrients & increases the glycemic index

STARCHY CARB

- Serving size = **1 Fist**
- Choose Starchy or Fruit, not both, or combine half servings of each
- See a list of vegetables below

Fruits

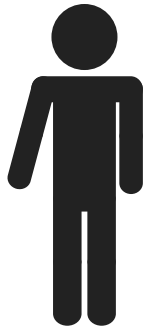
- Serving size = **1 Fist**
- Choose Fruit or Starchy, not both, or combine half servings of each
- See a list of Fruits below
- Avoid fruit juices eat your fruit don't drink it

Nuts

- Serving size = **1 & half handfuls**
- See a list of Nuts below
- Nuts are a perfect snack

Oils

- Serving size = **1 & half thumbs**
- See a list of Oils below
- Be careful on servings very caloric



PORTION BY BODYTYPE 5 FT 5 BELOW

FAST BURNER

PROTEIN

- Serving size = **1 & half Full Palm**
- Protein is a great snack by itself
- See a list of Proteins below

VEGETABLES

- Serving size = **2 Fists**
- If you're still hungry you can have more!
- See a list of vegetables below
- Don't overcook vegetables, as this depletes the nutrients & increases the glycemic index

STARCHY CARB

- Serving size = **1 & Half Fist**
- Choose Starchy or Fruit, not both, or combine half servings of each
- See a list of vegetables below

FRUITS

- Serving size = **1 Fist**
- Choose Fruit or Starchy, not both, or combine half servings of each
- See a list of Fruits below
- Avoid fruit juices eat your fruit don't drink it

NUTS

- Serving size = **1 & half handfuls**
- See a list of Nuts below
- Nuts are the perfect snack

OILS

- Serving size = **1 thumb**
- See a list of Oils below
- Be careful on servings very caloric