



PORTION BY BODYTYPE 5 FT 6 ABOVE

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

FRUITS

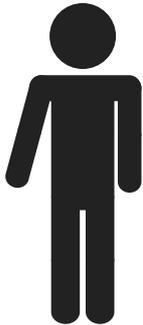
- Serving size = **.half Fist**
- Choose Fruit or Starchy, not both, or combine half servings of each
- See a list of Fruits below
- Avoid fruit juices eat your fruit don't drink it

NUTS

- Serving size = **2 handfuls**
- See a list of Nuts
- Nuts are the perfect snack

OILS

- Serving size = **2 thumb's**
- See a list of Oils below
- Be careful on servings very caloric



PORTION BY BODYTYPE 5 FT 6 ABOVE

AVERAGE BURNER

PROTEIN

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

VEGETABLES

- Serving size = **2 Fists**
- If you're still hungry you can have more!
- See the 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

FRUITS

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

NUTS

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

OILS

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



PORTION BY BODYTYPE 5 FT 6 ABOVE

FAST BURNER

PROTEIN

- Serving size = **2 Full Palm**
- Protein is a great snack by itself
- See a list of Proteins

VEGETABLES

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

STARCHY CARB

- Serving size = **2 Fist**
- Choose Starchy or Fruit, not both, or combine half servings of each
- See the list of vegetables

FRUITS

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

NUTS

- Serving size = **2 handfuls**
- See a list of Nuts below
- Nuts are the perfect snack

OILS

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