

Calorie Control: A Simple Guide

FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped hand of carb dense foods if extra carbs are to be included



1 entire thumb of fat dense foods if extra fats are to be included

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

PrecisionNutrition



Your Hand is Your Guide

Use your hand as your guide for portion sizes. Start with one of each at every meal (assuming 3 meals/day). If you're still hungry, add more veggies first, then protein.

PROTEINS

Best = Grass-Fed, Pastured, Organic, Wild:

Beef/Bison – Wild Game – Lamb – Fish – Eggs – Poultry – Pork – Dairy

Vegan Sources:

Edamame – Lentils/Beans – Tempeh – Tofu

To Supplement:

Protein Powders

VEGETABLES

Aim for Seasonal, Local, Organic & Fresh:

Salad Greens – Spinach – Kale – Cooking Greens – Cabbage – Broccoli – Cauliflower – Asparagus – Brussel Sprouts – Onions – Tomatoes – Cucumber – Bell Peppers – Mushrooms – Carrots – Squash/Zucchini

CARBOHYDRATES

Super Food Carbs (Daily):

Fruits: Berries, Oranges and other Citrus, Apples/Pears, Peaches/Plums, Grapes, Bananas, Melons

Starches: Sweet Potatoes, Beets, Quinoa, Beans, Peanuts, Wild Rice, Whole Oats

Level 2 Carbs (Limit):

White Rice – Potatoes – Sprouted or Whole Grain Pastas/Breads

Sugary Carbs (Treats):

Dates/Figs – Dried Fruit – Fruit Juice – Desserts

FATS

To Eat:

Avocados – Fish – Egg Yolk – Nuts/Seeds (Almonds, Pistachios, Cashews, Brazil Nuts, Hazelnuts, Pine Nuts, Macadamia Nuts, Pecans, Walnuts, Pumpkin Seeds, Sunflower Seeds, Flax Seeds) – Nut/Seed Butters – Olive Oil (Use in dressings or drizzle on just about anything, but it's not ideal to cook with because heat changes its structure)

To Cook With:

Coconut Oil and Milk – Avocado Oil – Ghee – Tallow