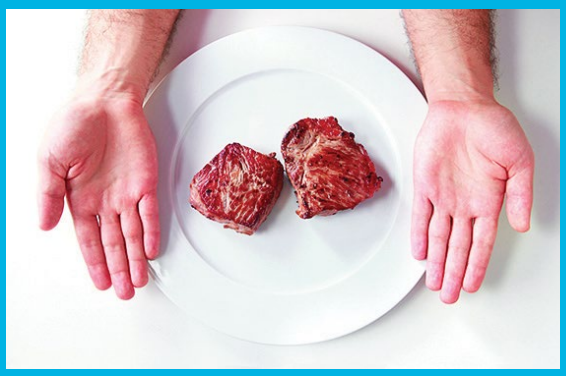
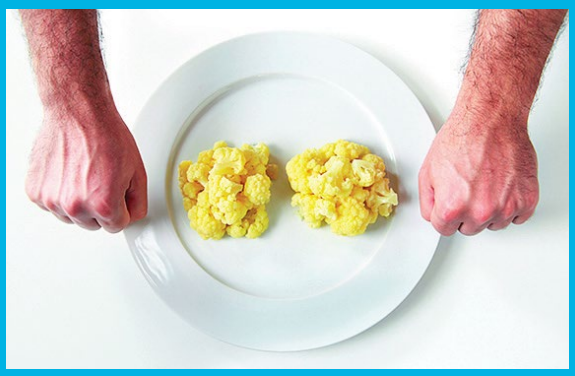
Calorie Control: A Simple Guide

FOR MEN

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:



2 palms of protein dense foods with each meal



2 fists of vegetables with each meal

2 cupped handfuls of carb dense foods with most meals

2 entire thumbs of fat dense foods with most meals

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.

For more information, and to check out the article that accompanies this cheat sheet, visit **www.precisionnutrition.com/calorie-control-guide.**

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