

# BUILD A WINNING PLATE: WOMEN

## 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 handful of carb dense foods with most meals



1 entire thumb 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.