

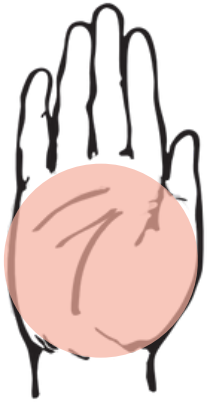
Quick Start Guide:

HOW TO USE HAND PORTIONS TO CREATE BALANCED MEALS



Janna Chapman **Coaching**

Hand Portions Guide



1 palm determines your protein portions



Your cupped hand determines your starchy carb & fruit portions



Your fist determines your non-starchy vegetable portions



Your thumb determines your fat portions

Using hands to measure portions is a good approach for most people who don't need to or want to count macronutrients or weigh their food.

1. Hands are portable. They come with you to work lunches, restaurants, social gatherings, etc.

2. Hands are a consistent size, providing a consistent reference.

3. Hands scale with the individual. Bigger people need more food and tend to have bigger hands, therefore getting larger portions. Smaller people need less food, and tend to have smaller hands, therefore getting smaller portions.

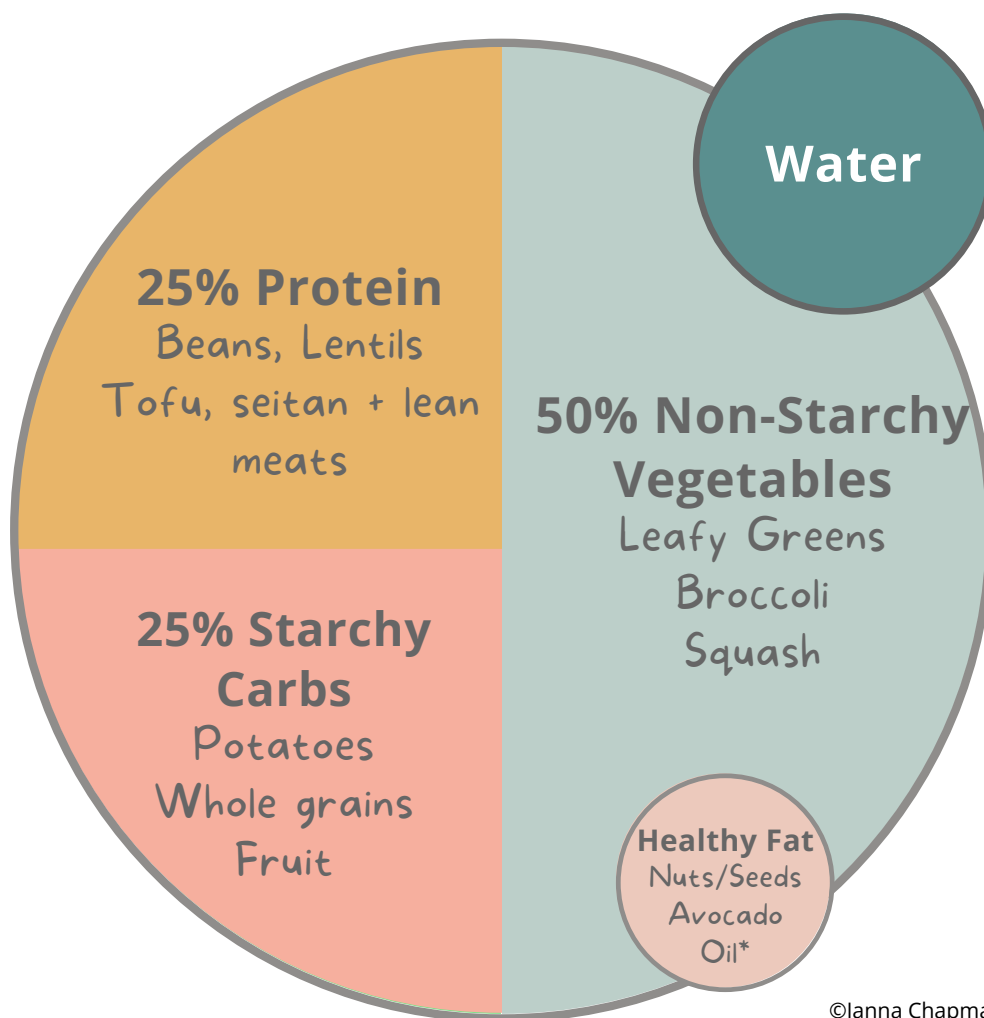
4. Hand-size portions can help you track food choices, nutrients, and energy simply and easily. This saves time-consuming and often unnecessary weighing and measuring, which most people don't need.

Ideal Meal Template

Use the following meal framework or template for a simple and flexible meal planning guide.

For each meal, you might begin by eating:

- 1-2 palms of protein-dense foods;
- 1-2 fists of non-starchy vegetables;
- 1-2 cupped handfuls of carb-dense foods; and
- 1-2 thumbs of fat-dense foods.



Hi! I'm Janna

(she/her, it's pronounced 'Yana')


I'm a nutrition coach, board-certified health coach, and behavior change expert (pew, that's a mouthful).

I'm also an avid hiker/camper/backpacker and a mama to two beautiful kiddos!

I help you close the gap between what you know you should be doing and **actually** doing it!

I take an evidence-based approach, which means you won't be hearing about whatever the latest fad-trend is.

For more tips, follow me on my socials:

 [janna_chapman](https://www.instagram.com/janna_chapman)

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