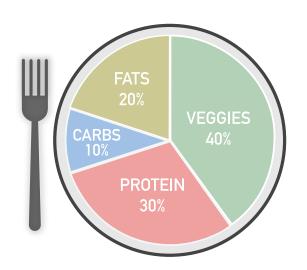
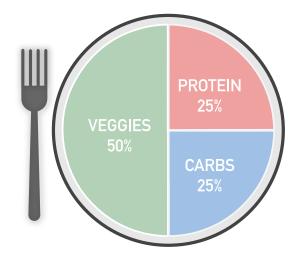


## **NUTRITION RECOMMENDATIONS**

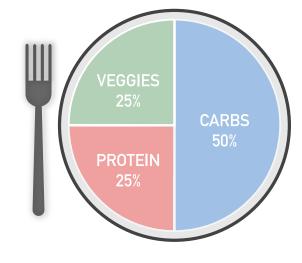
PHASE 2



**LOW CARB** 



**REGULAR CARB** 



HIGH CARB

## **MEASUREMENTS**

**WNMFN** 

MFN

	WOMEN	MEN
PROTEIN	1.5 palm	2.5 palm
VEGGIE	~2-3 fists	$\sim$ 2-3 fists
FAT	2–4 thumbs	3-5 thumbs
CARBS	0-1 small handfuls per day	

WOPILIN	111111	
1 palm	2 palm	
2-3 fists	2-3 fists	
1-2 thumbs	2-3 thumbs	
CARBS 1-2	fists per day	

\*fats to cook in or top with oil, seeds, etc.

	WOMEN	MEN
PROTEIN	1 palm	2 palm
VEGGIE	1 fist	2 fists
FAT	1-2 tumbs	2-3 tumbs

CARBS 3-4 fists per day