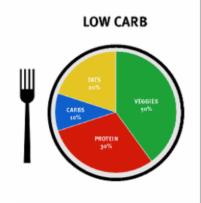


## $\begin{array}{ccc} \textbf{NUTRITION} & \textbf{RECOMMENDATIONS} \\ \textbf{PHASE 2} \end{array}$



## REGULAR



	WOMEN	MEN
PROTEIN	1.5 palms	2.5 palms
VEGGIE	~2 fists	~4 fists
CARBS	1 small handful	1 small handful
FAT	2-4 thumbs	3-5 thumbs

PROTEIN VEGGIE CARBS	WOMEN 1 palm 2 fists 1 fist	MEN 2 palms 4 fists 2 fist
FAT	1 fist 1-2 thumbs	2 fist 2-3 thumbs

MEASUREMENT

PROTEIN VEGGIE CARBS	WOMEN 1 palm 1 fists 2 fist	MEN 2 palms 2 fists 4 fist
FAT	1-2 thumbs	2-3 thumbs