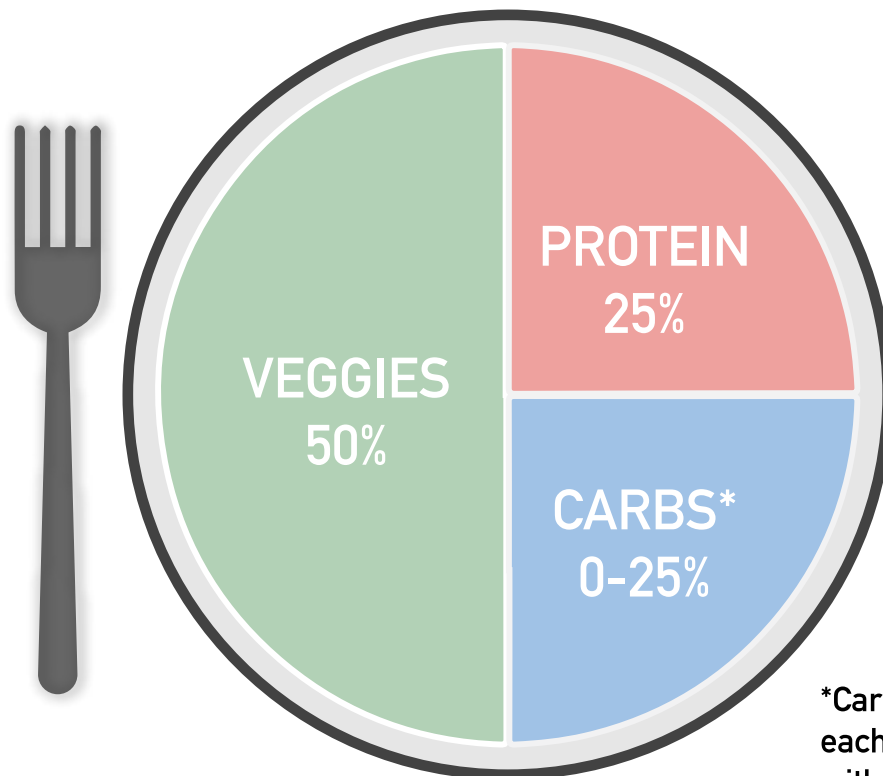




≡ ON THE FLY

PLATE DESIGN RECOMMENDATION



*Carbs not required at each meal. Can be replaced with more veggies or protein

MEASUREMENT

PROTEIN
VEGGIE
CARBS
FAT

WOMEN

1 palm
2 fists
1 fist
1-2 tumbs

MEN

2 palm
4 fists
2 fist
2-3 tumbs