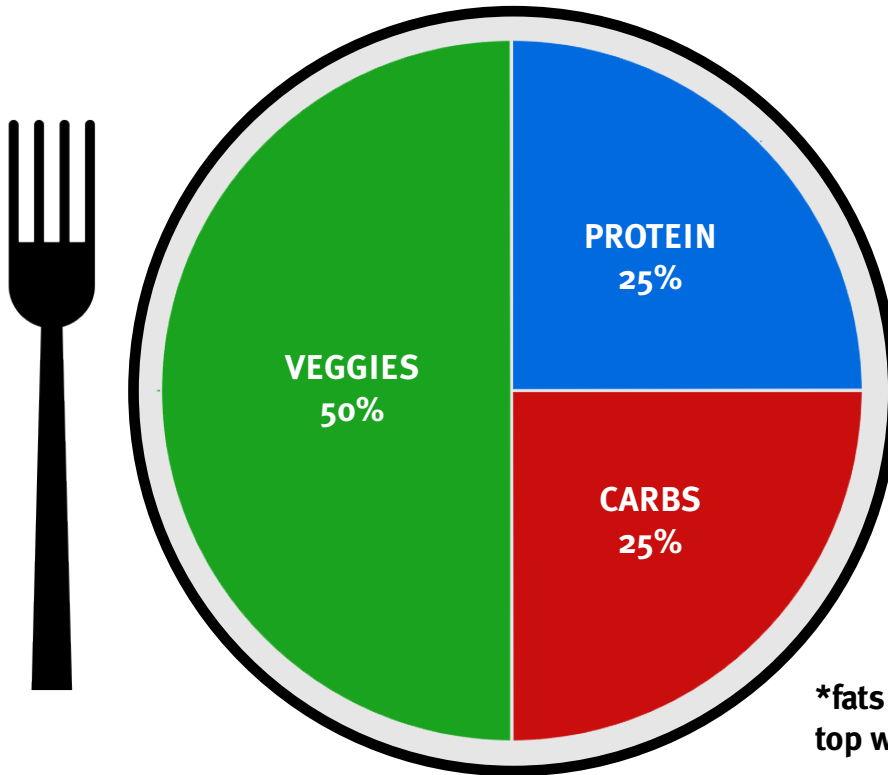




≡ ON THE FLY

WEIGHT LOSS



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

MEASUREMENT

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