



1 palm

Protein

~24 g protein

~2 g carbs

~4.5 g fat

~145 kcal

~22 g protein

~2 g carbs

~4 g fat

~130 kcal



1 fist

Vegetables

~1.5 g protein

~5 g carbs

~0 g fat

~25 kcal

~1.5 g protein

~5 g carbs

~0 g fat

~25 kcal



1 cupped
hand

Carbohydrates

~3 g protein

~25 g carbs

~1 g fat

~120 kcal

~3 g protein

~22 g carbs

~1 g fat

~110 kcal



1 thumb

Fat

~2 g protein

~2 g carbs

~9 g fat

~100 kcal

~2 g protein

~2 g carbs

~8 g fat

~90 kcal



PARNELL PLAN
BY CHRIS PARNELL