

Protein



The protein serving is the size of your hand



Vegetables



The serving of non-starchy vegetables (such as leafy greens and carrots) are the size of your fist



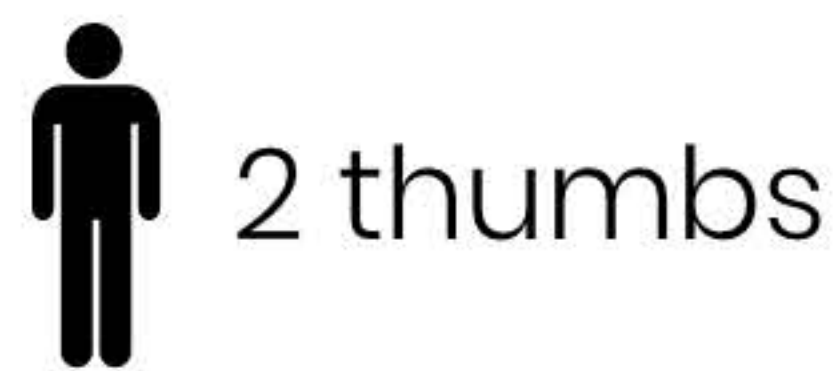
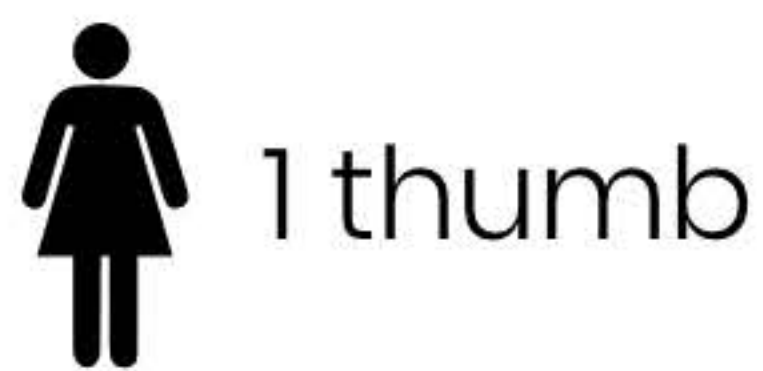
Carbohydrates



The carbohydrate serving is the size of your cupped hand



Fat



The fat serving is the size of your thumb



PARNELL PLAN
BY CHRIS PARNELL