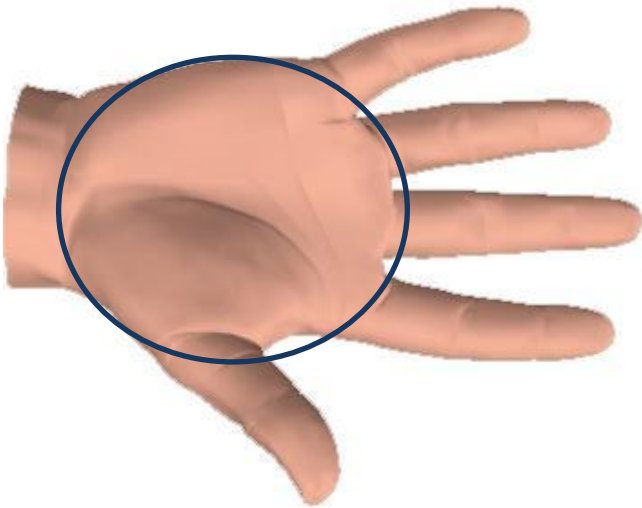


Portion Sizes

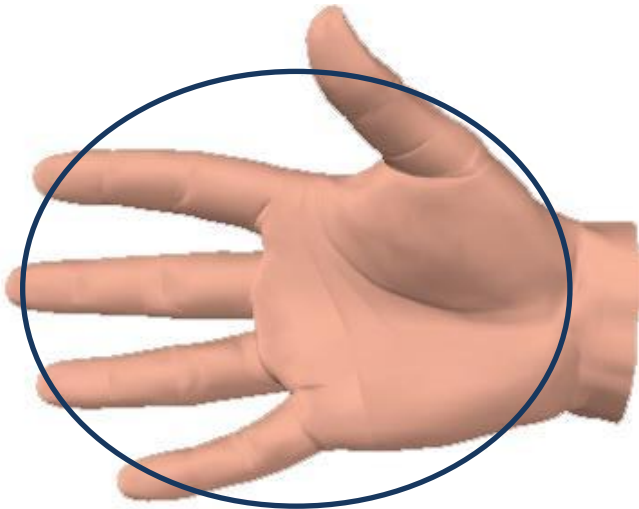
Here is a guide to the best sizes for your meals throughout the day.



Protein –

Eat approximately the size of your palm at each meal. Choose lean, trimmed meats, beans, lentils, fish or tofu.

Keep variety in throughout the day!



Vegetables and salad –

Eat approximately 3 handfuls of vegetables and salad at each meal. Try new vegetables, steamed or raw.

Keep variety in throughout the day!

Snacks -

A maximum of two fingers of almonds, homemade snacks, seeds, LSA shakes, etc

