

THE GYMCESS

THE HANDFUL DIET

PALM PORTION SIZE CONTROL

There's no need to count macros and calories at each and every meal. Use your palm to estimate your portions during the day and stay in control.



1 palm = 1 protein serving
Men: 2 servings at each meal
Women: 1 serving at each meal



1 fist = 1 serving of vegetables
Men: 2 servings with each meal
Women: 1 serving with each meal



1 cupped hand = 1 serving of carbs
Men: 2 servings with some meals
Women: 1 serving with some meals



1 thumb = 1 serving of fat
Men: 2 servings with each meal
Women: 1 serving with each meal

The great thing about this is that your portion sizes are already personalised. A bigger person will have a bigger hand, and a smaller person will have a smaller palm.

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