

Nutrition Estimation Resource

We understand that counting calories is not for everyone, nor do we think that it is a way you should live your life. In fact our original Nutrition Template was based off of this very concept: if you are eating quality foods at reasonable quantities, measuring is not necessary. We will start with the estimation guidelines first, then address how to make adjustments and the challenges associated with this approach.

Guidelines for a typical meal

Men

- Protein about the size and thickness of both your palms put together (fingers not included)
- As much veggies as you want! This does not include starchy veggies (thats in the next step)
- Starchy carbs like sweet potatoes, rice, etc. will be about two cupped palms
- Healthy fats like avocado, olive oil and grass fed butter will be about the size of two to three thumbs.

Women

- Protein about the size and thickness of one palm (fingers not included)
- As much veggies as you want! This does not include starchy veggies (thats in the next step)
- Fruits and starchy carbs like sweet potatoes, rice, etc. will be about one cupped palm
- Healthy fats like avocado, olive oil and grass fed butter will be about the size of one to two thumbs.



Palm = Protein



Cupped Palm = Fruits/Starchy Carbs



Thumb = Fat

Adjustments to accomplish specific goals

The above guidelines are assuming you are eating 4 meals per day with little to no snacking or caloric drinks included. If you prefer to eat more or less often, be sure to adjust your amounts accordingly.

Fat Loss – If you are not losing any fat after a couple weeks, try reducing starchy carbs and/or fat in a meal or two and/or stop eating when you are 80% full.

Muscle Gain – If you have not gained any muscle, try adding a bit more starchy carbs and/or fats in a meal or two

Challenges with Estimation

- If you don't cook the majority of your own meals, estimation can be a challenge. These guidelines can still be used when ordering out, but it is a challenge to control things like cooking fats and portion size.
- Downplaying the impact of snacks, caloric drinks and other processed foods is common. These things are not only hard to estimate, but are often overlooked because they are so common. This includes things like coconut water, trail mix, beer, wine, etc. So be sure to pay attention to everything that you consume, not just your big meals!
- It is proven that people will automatically eat "healthier" if they log their food. But even more important, if you are not accomplishing your goals and there is no record of what you have been doing, it is hard for us as coaches to give you advice. We know from experience that talking about what people eat is very different from what they actually eat. So even if you are not using MFP or tracking your calories, if you are struggling to accomplish your fitness goals, we recommend logging your nutrition.

Don't forget, this is only one part of a bigger process. Click [HERE](#) to return to the Everything is Everything Guide to accomplish your goals!