

How to Build Your Plate

Protein Portion Sizes

1 PALM SIZE

✓ ANIMAL PROTEINS

1/2 to 2/3 Cups
Palm-Sized
iPhone Sized

✓ DAIRY

1/2 to 3/4 Cups
Tennis-Ball Sized

✓ EGGS

2 to 3 Eggs
2 to 3 Golf Balls

Fruit & Veggie Portion Sizes

1-2 FIST FULLS

✓ BERRIES

1-2 Cups
2 Cupped Handfuls
1-2 Tennis Ball Sized

✓ APPLES, BANANAS, MELONS

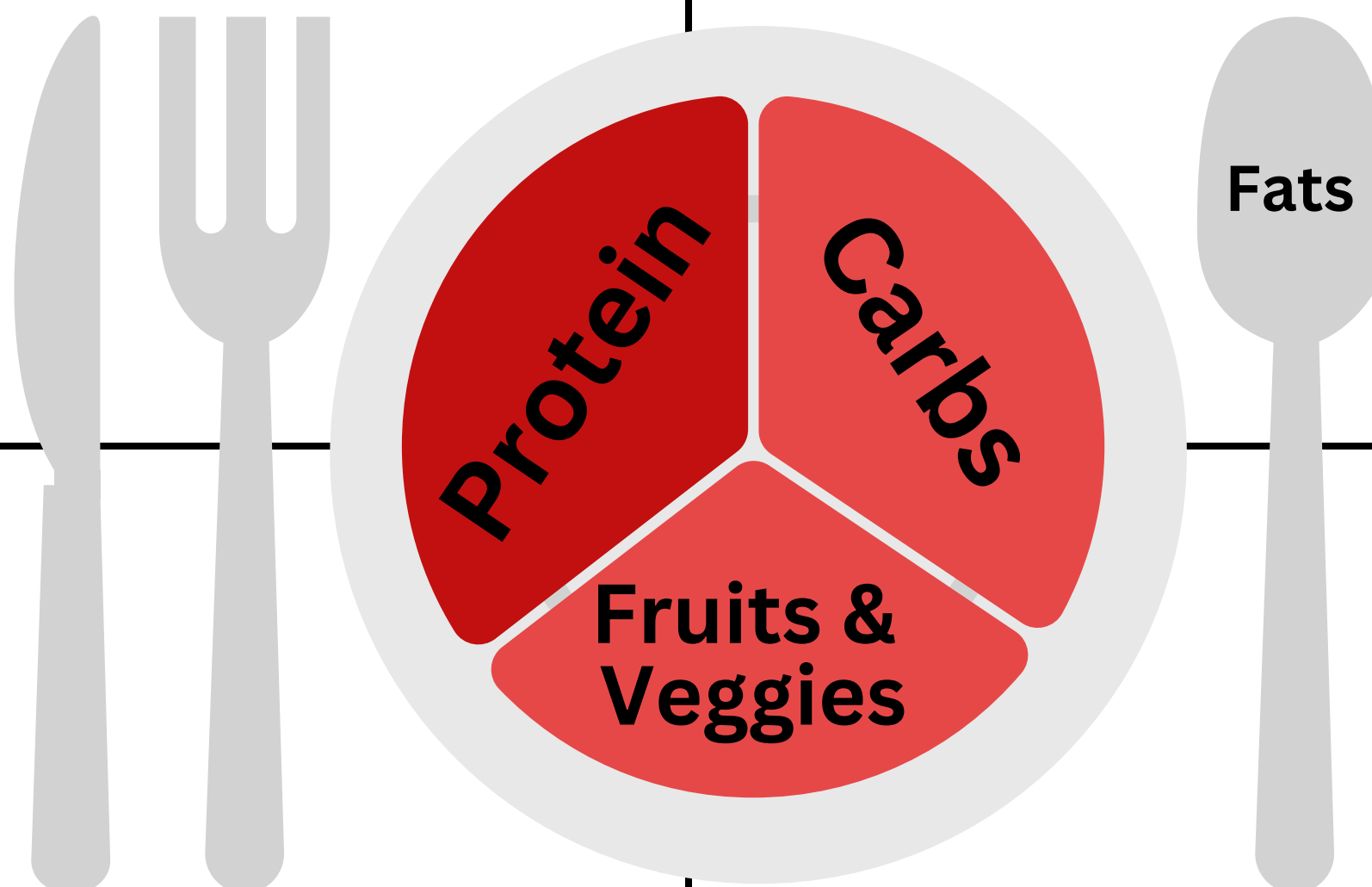
1 Piece
MAX Softball Size

✓ LEAFY GREENS

1-2 Cups
2 Cupped Handfuls
2 Softball Sized

✓ CRUNCHY VEGGIES

1/2 to 1 Cup
1 Cupped Handful
1 Softball Size



Carb Portion Sizes

1 CUPPED HANDFUL

✓ RICES & PASTAS

1/2 to 1 Cup
1 Cupped Handfuls
1 Tennis Ball Sized

✓ BREADS

1-2 Pieces

✓ POTATOES

1 Cup
1 Cupped Handful
1 Full Potato

✓ OATMEAL

1/2 to 1 Cup
1 Cupped Handful
1 Packet

Fat Portion Sizes

1 THUMB SIZE

✓ NUTS & SEEDS

1-2 Tablespoons
1 Thumb Sized
1-2 Pop Socket Sized

✓ EGG YOLKS

2 Eggs

✓ CHEESE, OILS & HUMMUS

1-2 Tablespoons
1 Thumb Sized
1 Pop Socket Sized

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