
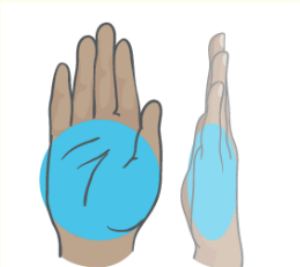




Tracking without using a Scale



Tracking without using a scale is a great option for those who are super busy and not wanting to always grab the scale. While I do think using a scale is the most accurate way to know how much you are consuming, using portion sizes have been known to still be a very accurate way of keeping track of how much you are actually eating. This guide is going to help you learn how to track your food using your hand as a measurement tool. Note: you will still need to track your food intake using an app like MyFitnessPal to know your macros and calories.

Carbs	Protein
 <p>CARBS</p> <p>A portion of carbs is your cupped hand.</p> <ul style="list-style-type: none">• This = 20-30g of carbohydrates• Translates to 1/2C - 1/3C (100g-130g) cooked grains, legumes, medium size fruit.	 <p>A portion of protein = 1 palm</p> <ul style="list-style-type: none">• This = 20g-30g of protein• Translates to 3oz-4oz (85-115g) of lean meat, tofu, 1C nonfat Greek yogurt.
Vegetables	Fats
 <p>VEGETABLES</p> <p>A portion of vegetables is your fist.</p>	 <p>FAT</p> <p>A portion of fat is your thumb.</p>

- Translates to 1C of non-starchy vegetable.

- This = 7-12g of fat
- Translates to 1T of nuts, oils, seeds, nut butter, etc.