WATCH YOUR PORTIONS

PREVENT
with Vegetables



1 Serving:
Unlimited Portions

Tip: The more colors the better

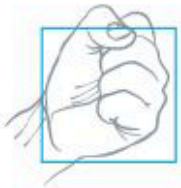
BUILD
with Proteins



1 Serving =
The Palm of your Hand

Tip: Choose a lean protein source at each fueling

FUEL
with Carbs



1 Serving =
The Size of your Fist

Tip: Look for at least 3g of fiber per serving

PREVENT
with Fruits



1 Serving:
The Size of Tennis Ball

Tip: The more colors the better

PROTECT
with Fats



1 Serving =
The Tip of your Thumb

Tip: Focus on Plants, Fish, Nuts, and Seeds