

Protein Hand Portion Guide

1 palm = 1 portion

- **General:** 1-2 palm/meal based on hunger
- **Weight Loss:** 1 palm/meal
- **Muscle Building:** 2 palm/meal
- **Maintenance:**
 - **Low activity (no purposeful exercise, <6,000 steps)** - 1 palm/meal
 - **Mod activity (3-4 workouts, >6000 steps)** - 2 palm/meal
 - **High activity (5-7 workouts, >10,000 steps)** - 2 palm/meal + exercise supplement



- **Lots:** Eggs, Fish, Chicken, Lean Beef, Duck, Turkey, Bison, Lean Pork, Venison & Wild Game, Tempeh, Tofu, Edamame, Cottage Cheese, Full Fat Plain Greek Yogurt, Lentils & Beans
- **Some:** Protein Powder, Jerky, Bacon, Deli Meat, Seitan, Canadian Bacon
- **Little:** Fried Meat, High Fat Meat & Sausage, Protein Bars, Plant-Based Meats
- Limit Beef to 6 palms a week
- Check ingredients of soups/stews/combined meals, but assume 1 palm per serving