Protein by Hand and a 3-Day Diary

No calorie counting. Just count protein portions (Chapter 3). One portion of protein is the size of your palm (thickness and area, not counting fingers).

Group	One portion	Examples
Protein	The size of your palm	A piece of fish, chicken or lean meat; two eggs; a block of tofu; a bowl of cooked lentils or beans; a pot of thick yogurt
Vegetables	The size of your fist	Leafy greens, cooked or raw vegetables
Starch	One cupped handful	Rice, noodles, bread, potatoes
Fat	The size of your thumb	Oil, butter, nuts

The rule: protein first, vegetables next, starch last. At least one portion of protein at every meal. Stop as soon as you feel full.

Three-day protein diary (three days in a row, including one weekend day):

Meal	Day 1: protein food, portions	Day 2: protein food, portions	Day 3: protein food, portions
Breakfast			

Meal	Day 1: protein food, portions	Day 2: protein food, portions	Day 3: protein food, portions
Lunch			
Afternoon			
Dinner			
Total portions			

Which meals had no protein? _____ **Why?** _____

One change for next week: