

# Take Responsibility Starter Kit

## *for Men*

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*How much food you should eat at each meal?*

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**Stop counting calories.** There is another way to determine how many calories you need at each meal so you can feel good and look better.

**Take a moment to look at your hand.**

That's your new measuring tool. The measurements are: fist, palm, cupped hand and thumb. They will let you control calories and stop counting them. And you can rest assured you're getting all the nutrients your body needs.

I know you have heard: counting calories is the best way to lose weight.

Guest what? It's not true.

## **Calorie counting is problematic.**

Right from the beginning, counting calories stress you out from the amount of research and math involved to get to your "caloric needs." You have to visit websites, find databases and download mobile applications before you have eaten your first meal on your new diet.

You don't have time for that.

Then, you think you can believe the calorie estimates you are using are correct. (Most times they are not.)

The truth, research has shown databases, handbooks and websites can be off by about 25% because of differences in food quality, errors in laboratory measurements and incorrect labeling.

Now, you still have to estimate your "calories out", or expenditure, for the day -- this is the amount of calories you "burn". Did you guess it? There is another 25% measure error because individuals are different, the equipment used is not the same, and laboratory measurement errors.



When you add the possibility of 25 percent error on the nutrition side, and another 25 percent error on the exercise side, there's a chance you are already 50 percent off track before you have even started.

**Let's reconsider:**

- Pulling out the measuring cups every day
- Letting that food scale take up valuable counter space
- Using your trusted calculator app on your phone
- Downloading another mobile application that you don't really use

Yes, you should have more than an idea of how much food you eat every day. That information allows for me to adjust your caloric intake based on your goals.

But calorie counting is not the way to do it. Think about it - how many times, how many people give it up and go back to eating like they were before.

I'm not surprised that so many women can't stick to diets that are based on calorie-counting.

**"The calorie counting antidote" - Precision Nutrition**

After becoming a certified nutrition coach through Precision Nutrition, I learned: **most people don't need to count calories most of the time.**

For years, I determined "calories in" and "calories out" for myself and my clients. Now, I determine food portions differently. I put up my measuring cups. Stored my measuring scales. No more calculations.

The only math you need is counting up to two. The only tool you need is your hand.



Here is how it works:



**Your palm determines  
your protein portions.**



**Your fist determines  
your veggie portions.**



**Your cupped hand determines  
your carb portions.**



**Your thumb determines  
your fat portions.**



## To control your protein intake

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For protein-dense foods like beans, dairy, eggs, fish or meat, use a palm-sized serving.

**Men are recommended to eat two palm-sized portions with each meal.**

Note: use the same thickness and diameter as your palm.



## To control your vegetable intake

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For veggies like broccoli, spinach, salad, carrots, etc. use a fist-sized serving.

**Men are recommended to eat two fist-sized portions of vegetables with each meal.**

Again, use the same thickness and diameter as your fist.



## To control your carbohydrate intake

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For carbohydrate-dense foods — like grains, fruits, or starches — use a cupped hand to determine your serving size.

**Men are recommended to eat two cupped-hand sized portions of carbohydrates with most meals.**



## To control your fat intake

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For fat-dense foods — like butters, nut butters, nuts/seeds, or oils — use your entire thumb to determine your serving size.

**Men are recommended to eat two thumb-sized portion of fats with most meals.**



Photo credit: Precision Nutrition, Forget calorie counting: Try this calorie control guide for men and women, by Ryan Andrews & Brian St. Spierre.



## Be flexible when meal planning

Now you have a simple, effective guide for planning meals. This guide is based on the assumption you will eat 3-4 meals daily.

Just like calorie counting, and all other forms of nutrition planning, this is only a point for you to begin.

No one knows how their body will adjust before it happens. This is why being flexible is key. You can adjust your portions later based on your goals, fullness or hunger.

For example, if your goal to lose weight has plateaued, eliminating a cupped palm of carbohydrates or a thumb of fats at specific meal times may help.

**Remember: This is a chance to begin again. You are in control. Use outcome-based decisions to adjust your portions at any time.**

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## Want more customization?

If you're ready to stop wasting time on the small stuff and find a way to take responsibility for your health and your habits, check out my [coaching programing for guys](#). I'm taking clients soon.

