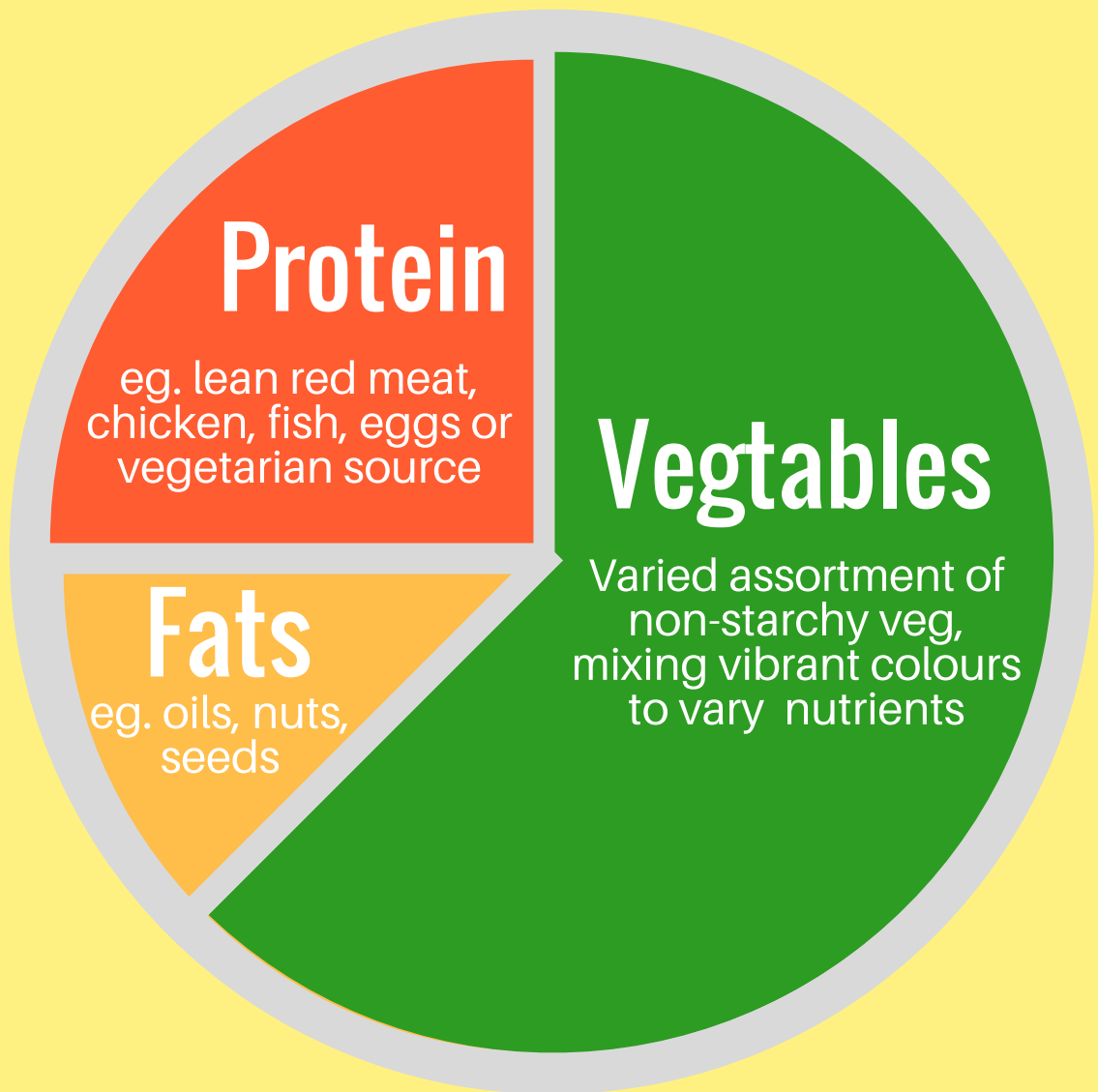
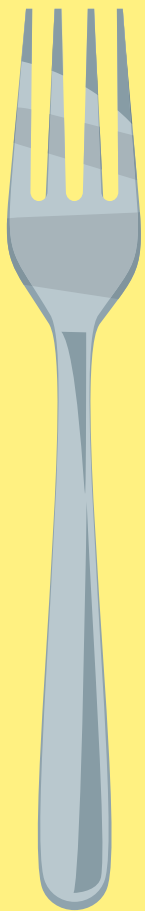


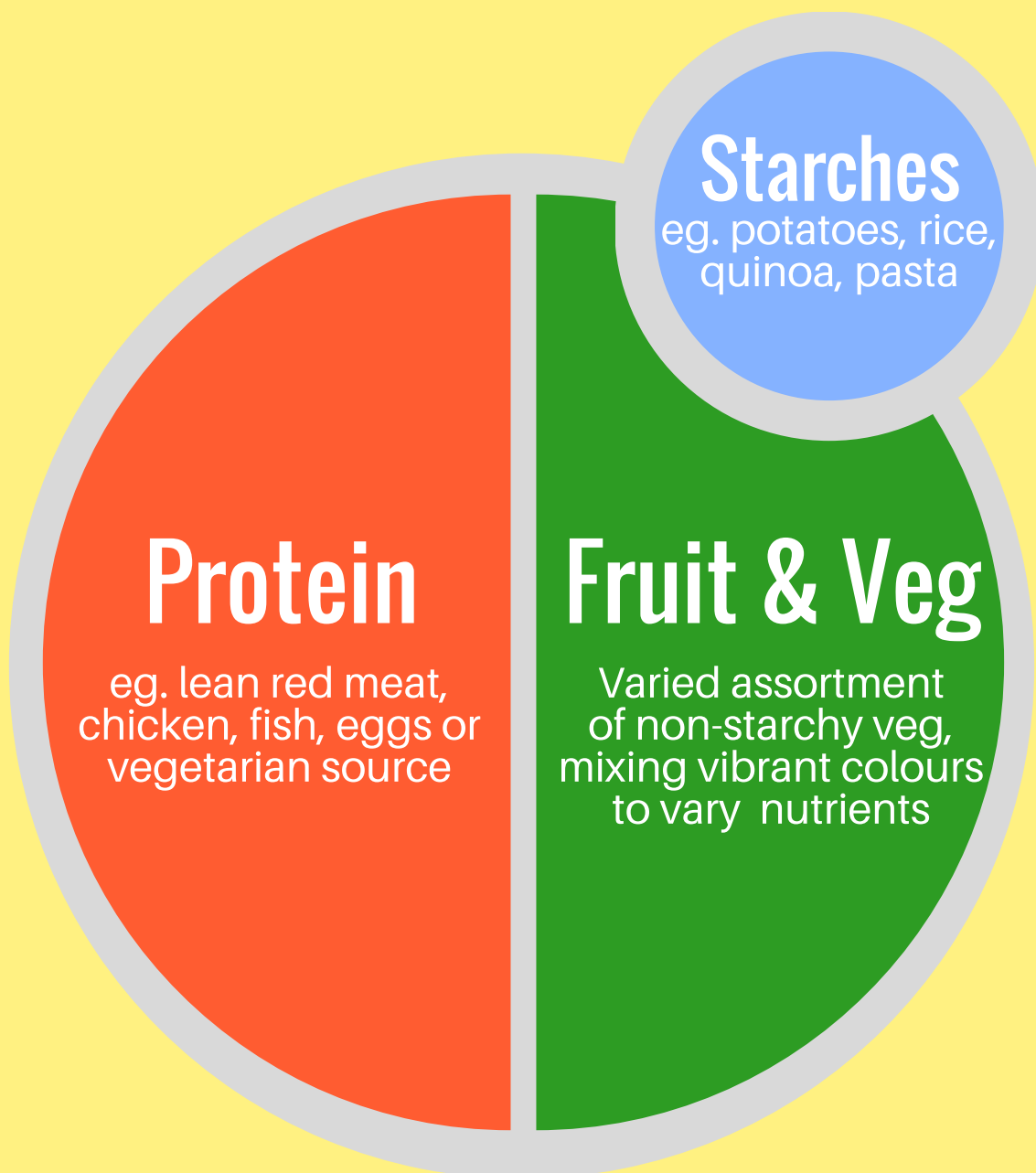
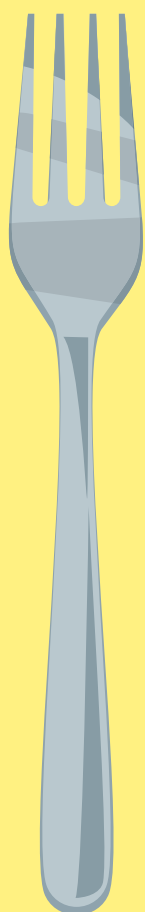
Anytime Meal

All your meals not directly after a workout



Post-Workout Meal

First meal after a minimum of 45 minutes working out.
Eat within 60 minutes of finishing your workout.



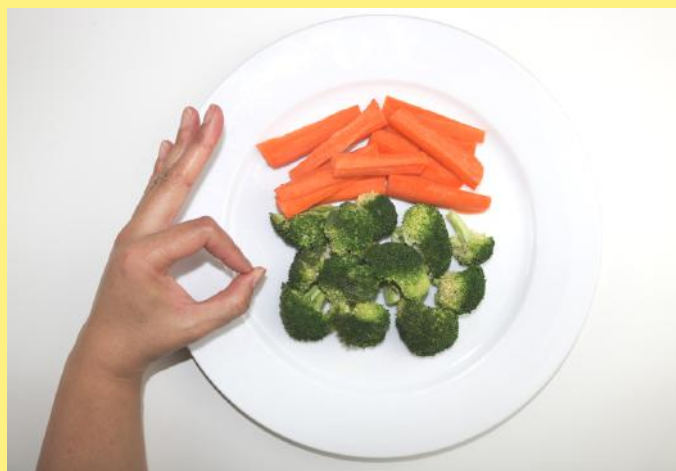
Portion Control Guide

FOR WOMEN

Calorie counting is time-consuming, inconvenient and inaccurate. This Portion Control Guide is a simple alternative solution. This will help you determine the correct portion control for each meal in terms of protein, carbohydrate and healthy fats (no medical degree required).



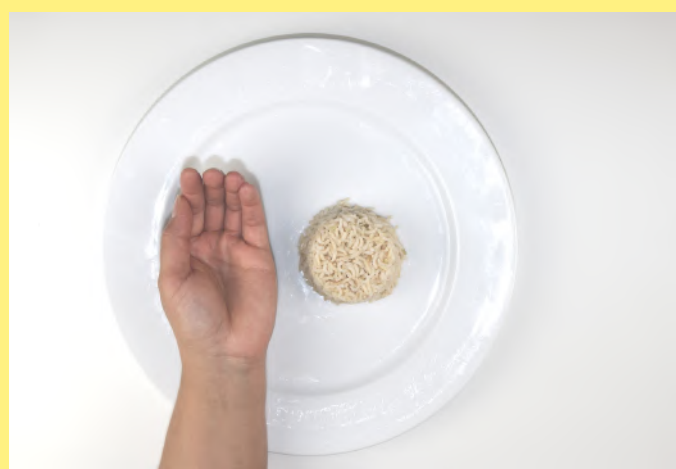
1 palm size piece of protein-dense foods with each meal.



Unlimited non-starchy vegetables with each meal.



1 entire thumb of fat dense foods with Anytime meals.



1 cupped handful of carb dense foods with post-workout meals.

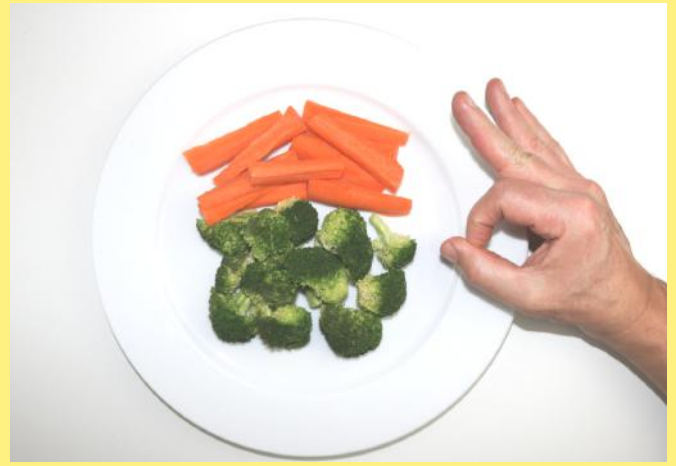
Portion Control Guide

FOR MEN

Calorie counting is time-consuming, inconvenient and inaccurate. This Portion Control Guide is a simple alternative solution. This will help you determine the correct portion control for each meal in terms of protein, carbohydrate and healthy fats (no medical degree required).



2 palms of protein-dense foods with each meal.



Unlimited non-starchy vegetables with each meal.



2 entire thumbs of fat dense foods with Anytime meals.



2 cupped handfuls of carb dense foods with post-workout meals.