

PORTION CONTROL GUIDE

**NO CALORIE COUNTING
EVER!**



PORTION CONTROL GUIDE



James Staring
Fitness Professional, Fit to Last Limited

If you want to change your body and maintain your results too, getting your portions under control is key to your success.

Many people think controlling portions means counting calories, but I think there's a better, easier way.

This Portion Control Guide will help you to:



Determine the correct portion control for each meal in terms of protein, carbohydrate and healthy fats.
(No medical degree required!)



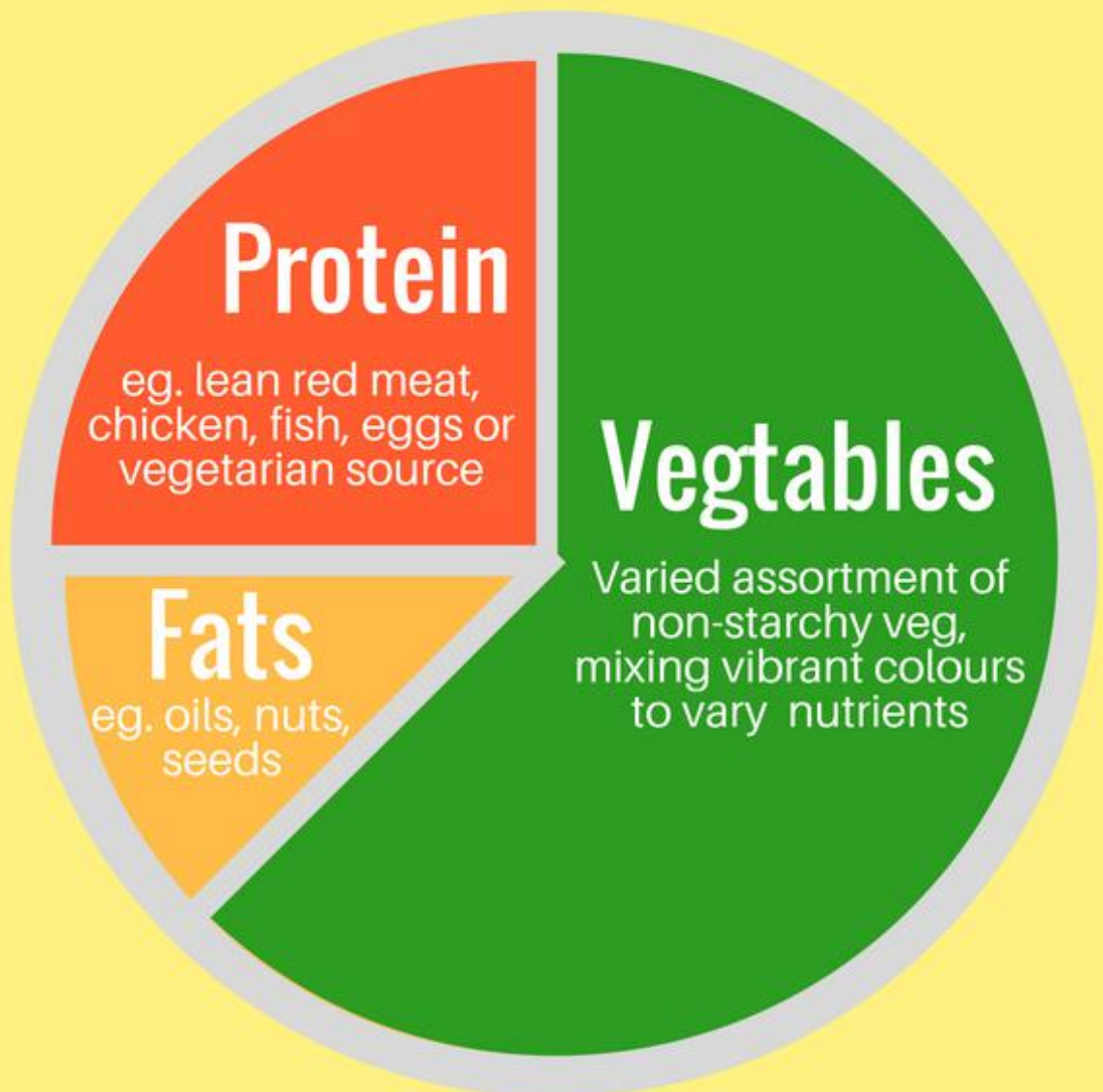
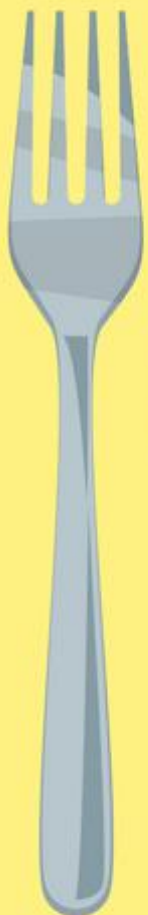
Discover a super so simple way to measure portions for yourself personally.



Eliminate the need to count calories, weigh or measure food.

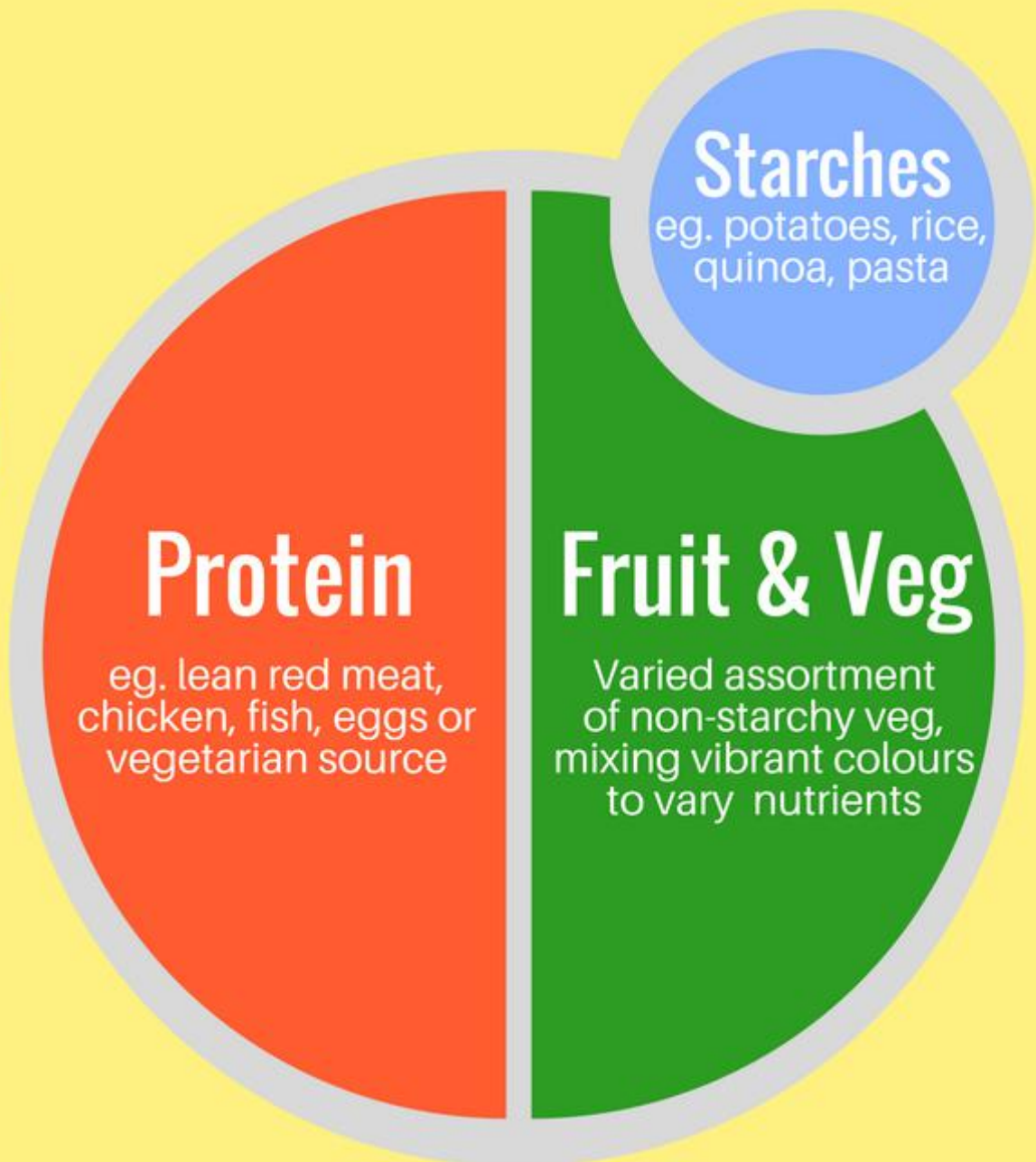
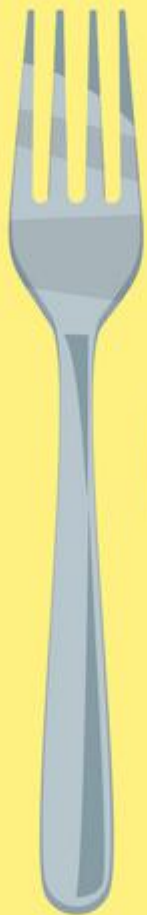
Anytime Meal

All your meals not directly after a workout



Post-Workout Meal

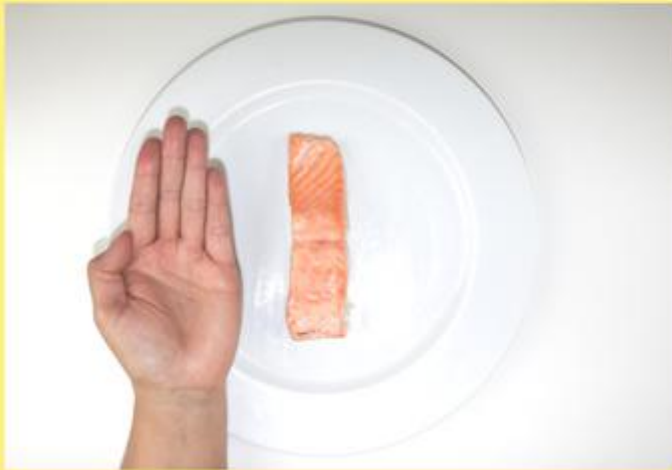
First meal after a minimum of 45 minutes working out.
Eat within 60 minutes of finishing your workout.



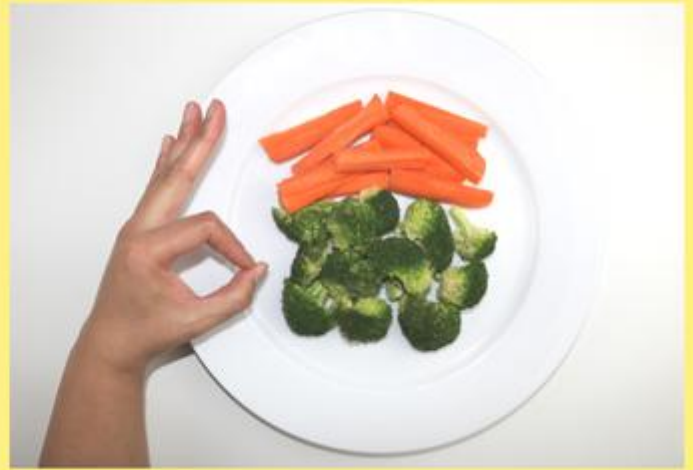
Portion Control Guide

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.

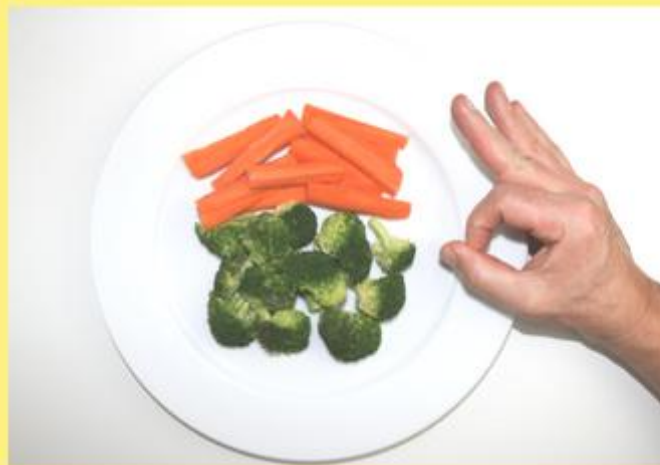
Portion Control Guide

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.



James Staring
Fitness Professional, Fit to Last Limited

I hope you find this guide useful. If you have any questions, you can message me through Facebook (below).

Members of Fit to Last have followed these guidelines to gain control of their portion sizes.

They've also used the Fit to Last Framework to overcome other obstacles that were previously holding them back in achieving their health and fitness goals.

See what our members say at www.fittolast.co.uk

See below for results from Fit to Last members

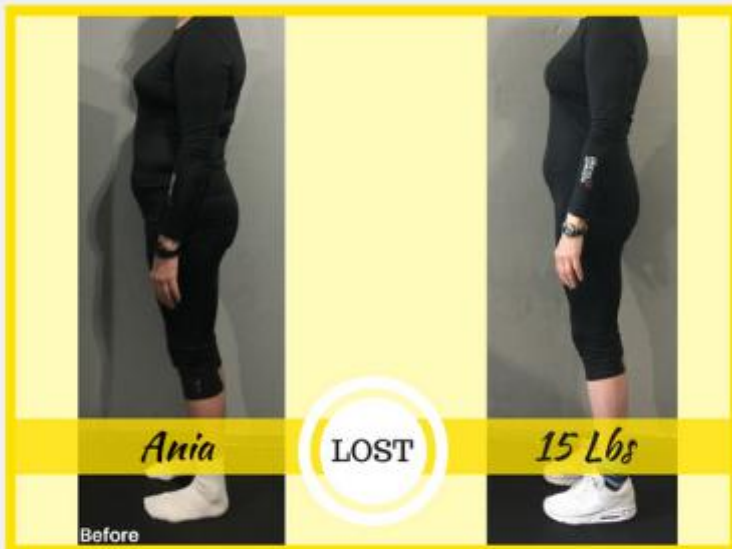
REAL PEOPLE, REAL RESULTS

Fit to
LAST

Becky, Fit & Lean Challenge

"I love the journey I'm on and how well it's going..."

When I think about all the fad diets I've done, all the things I've done in the past, I've spent loads of money. If I'd just have done this in the first place, I'd have got better results and spent less money.



Ania, Active 50s Project

"I felt unhappy with myself. I was watching TV munching through packets of crisps..."

I didn't want to workout on my own, but I didn't want to go into a huge gym or studio and train with 20 other people. This really suited what I was looking for and I couldn't find it anywhere else."

Jo, Fit & Lean Challenge

"I'd been trying to exercise at the gym on my own and I wasn't getting any results. I wanted to try something more formulated..."

The results have been good. The ease of getting them has been surprising which has been the best part...I have more energy, my confidence has grown...My outlook on life has changed completely."

