

Lean in 12

MEAL BUILDING



BARBELL
#LOGIC#

Lean in 12 | How to Structure a Healthy Plate

Half the Plate: Vegetables

Aim for a variety of colors and types. Include leafy greens and cruciferous vegetables. These provide essential vitamins, minerals, and fiber. Veggies aid in helping us feel full, so we don't overeat in other macronutrient categories.

One Quarter of the Plate: Protein

Choose lean proteins like chicken, turkey, fish, beans, lentils, or tofu. Protein servings are often measured in palm-sized servings.

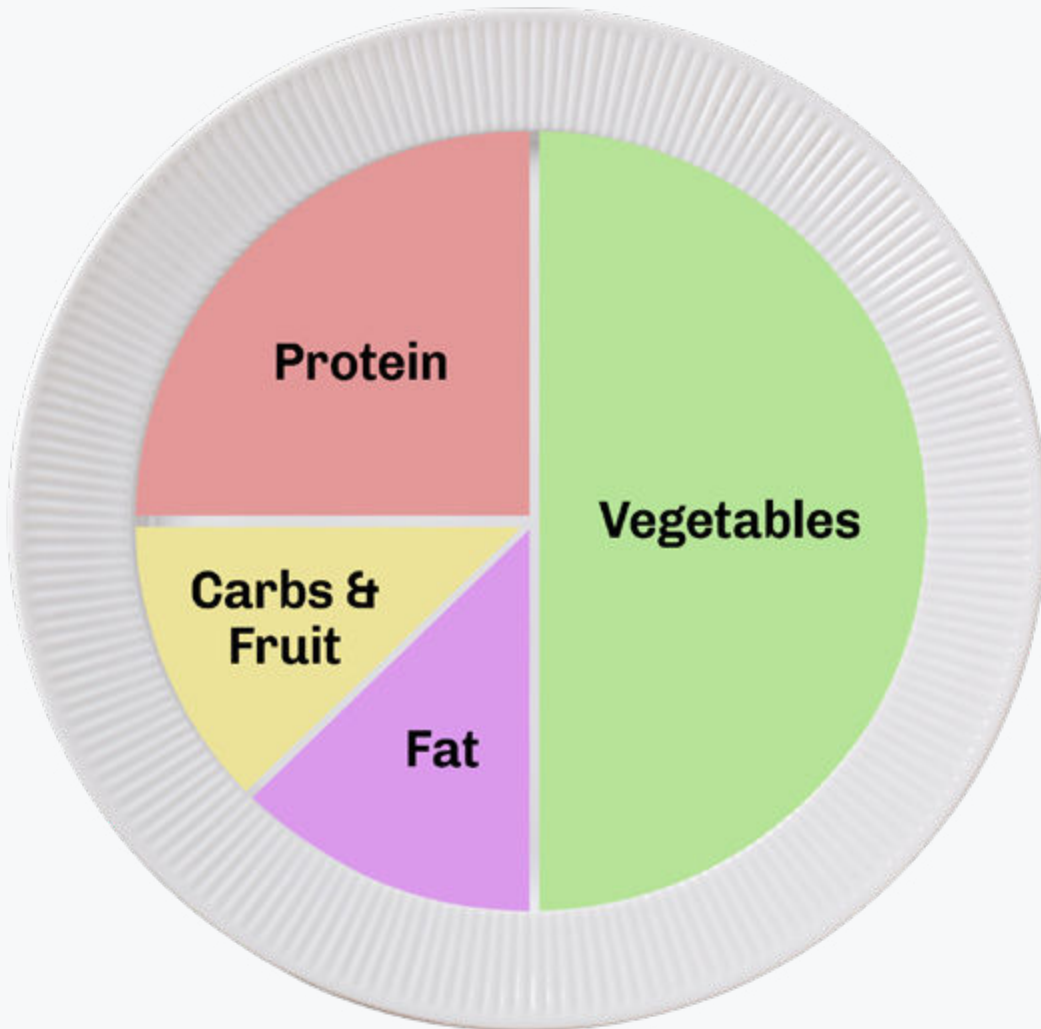
One Quarter of the Plate: Whole Grains or Starches

Incorporate whole grains such as quinoa, brown rice, or whole-grain pasta. Contrast with starchy vegetables like sweet potatoes or corn.

Incorporate Healthy Fats (per direction from your coach)

Include healthy fats in moderation, such as avocados, olive oil, nuts, or seeds. These can be added to salads or as part of a cooking method. Make sure that any cooking oil or butter is accounted for.

Sample Meal Building Template



Notice the size of your plates and bowls. Larger serving dishes can lead to larger portion sizes unintentionally.

If you're working on keeping your portions smaller, consider eating off of a smaller plate.

In addition, your coach may have assigned daily targets, measured in hand-sized servings.

- Protein is commonly measured in palm-sized servings.
- Carbohydrates are measured using cupped-hand sized servings.
- Veggies are measured in fist-sized servings.
- Fats are measured in thumb-sized servings.

A sample meal may consist of 1-2 palms of protein, 1-2 cupped handful of carbs, 2 thumbs of fat and 2-3 fists of veggies.



PROTEIN

Women: 1 palm
Men: 2 palms



VEGETABLES

Women: 1 fist
Men: 2 fists



CARBS

Women: 1 cupped hand
Men: 2 cupped hands



FAT

Women: 1 thumb
Men: 2 thumbs

A little bit of planning ahead will go a long way when it comes to structured, healthy meals. Consider batch cooking your protein sources, as this can save a lot of time!



Coach Monica offers some great tips on batch cooking chicken [here](#)!