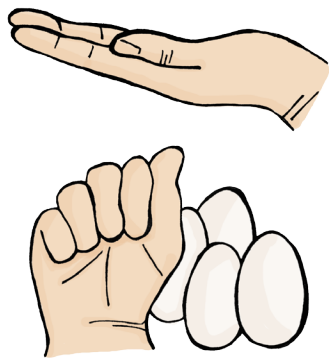
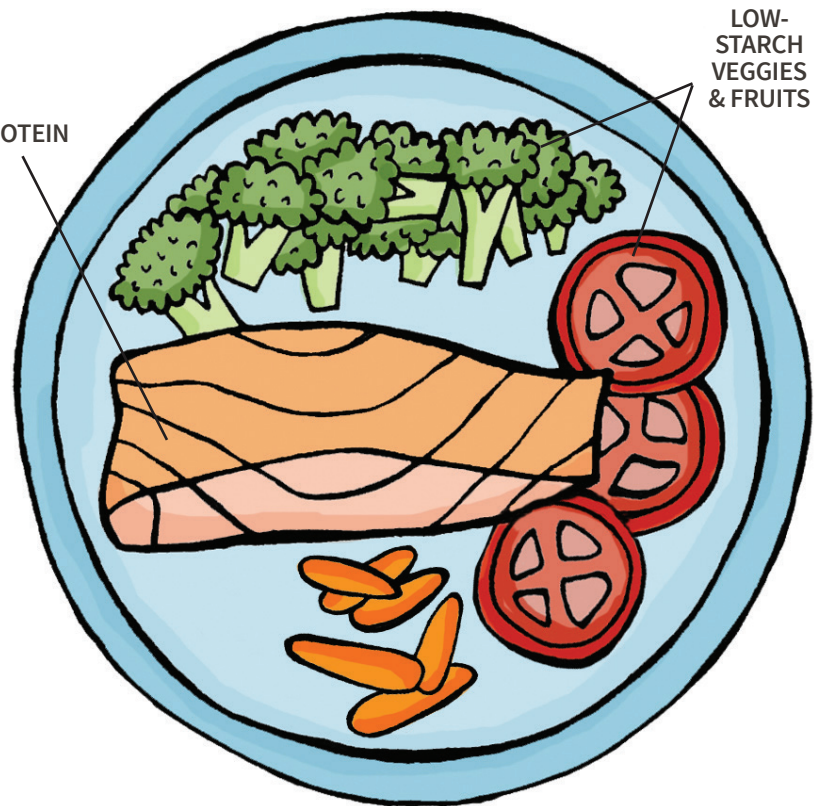


PROPER PROPORTIONS

REMEMBER: While on Dr. Kellyann's Plan, portions matter! Figure out how much of a certain food you need with these quick, "at-a-glance" tips. These portion suggestions will help get your body operating at full tilt — you'll feel great and begin to burn fat naturally.



Protein Portions

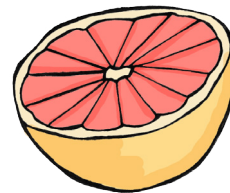
A serving of meat, fish or poultry should be about the size and thickness of your palm (that's about three to four ounces for women, five to six ounces for men). Each meal should include a serving of protein.

A serving of eggs is as many as you can hold in your hand (about two or three for women, three or four for men). For egg whites, double the amount of whole eggs.



Fat Portions

A serving of liquid fat should be about the size of a small super ball (about one tablespoon). Each meal should include one to two servings of fat. A serving of nuts, seeds, coconut flakes and olives is about one closed handful. A serving of avocado is one-quarter to one-half an avocado. A serving of coconut milk is one-third to one-half the can.



Fruit Portions

A serving of fruit is half an individual piece (half an apple, half an orange, for example) or a tennis ball-size serving of berries, grapes or tropical fruits (about half a cup). Eat no more than two servings of fruit per day and break them up across meals and snacks to distribute your sugar intake.



Vegetable Portions

A serving of vegetables should be at least the size of a softball. You can't eat too many vegetables, so fill your plate with them!



Snack Ideas

1 mug of bone broth two times per day. If you are feeling weak, you can add one more.