



CUT ALONG LINE

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PRECISION NUTRITION

5 Habits Cheat Sheet

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Answer
each question
according to
the 5 Habits...

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1. Are you eating slowly?

Check in with hunger, sit down, relax and take your time; 15-20 minutes for a meal is about right. Make sure to stop eating when you're about 80% full.

2. Where is the protein dense food?

Are you about to eat at least 1 palm-sized portion of protein dense food? Women get 1 palm-sized portion and men get 2 palm-sized portions.

3. Where are the veggies?

Are you about to eat a large portion of veggies? They can be prepared any way you like. One serving is about 1 fist-sized portion and you should try to eat a few portions per meal.

4. Where are the carbs?

If you have fat to lose but haven't just worked out, eat less pasta, bread, rice, and other starchy carbs. Opt for a double serving

of veggies instead. If you have just worked out, a mix of carb sources is fine.

5. Where are your fats coming from?

Today you need some fats from various foods, prioritizing whole food sources like eggs, meats, fish, olives, nuts and seeds. Spread these throughout the day.

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