

Its time to go from eating confusion to **eating certainty**. So many of us hear the term calorie counting and know that its part of losing fat.

You know that you must count something but the usual questions come up.

How do I know how much?

How do I measure?

There is a simpler way that can produce great and better fat loss results! We want to K.I.S.S. it. which stands for *keep it simple silly*.

We increase our chances to adhere to a system that in the words of Steve Jobs is “***Precognitive***”. Which simply means its so simple that you have great ease doing it.

WHAT IS THE TIER SYSTEM?

Its based on 3 things

- Portions
- Servings
- Number of daily meals

Within the system we have 2 Tiers.

Tier 1 and Tier 2.

Tier 1 will be for people who are just starting a structured eating plan. Most of you will start here.

Tier 2 is for people who have mastered Tier 1 and/or have plateaued on with fat loss.

We will go over specifically what and how to easily measure a portion size for each category of food.

Within each Tier system you will be assigned a certain number of servings for the day.

Our daily meal count will be from 3-4.

All you will need is a pair of eyes, hands and pen.

HOW WILL WE REENFORCE THE SYSTEM?

We will reenforce this system with the ritual of **tracking** and **compliance sheets** that will be made available for download.

PORTION SIZES FOR MEN

Calorie Control: A Simple Guide

FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two. And your hand. To build your meals:

| | |
|--|---|
|  |  |
| 2 palms of protein dense foods with each meal | 2 fists of vegetables with each meal |
|  |  |
| 2 cupped hands of carb dense foods if extra carbs are to be included | 2 entire thumbs of fat dense foods if extra fats are to be included |

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

PrecisionNutrition 

Chart (Men) download link- [Click here](#)

PORTION SIZES FOR MEN





- Protein serving = 2 open palms
- Vegetable serving = 2 fists
- Carbohydrate = 2 open palms
- Healthy fat = 2 entire thumbs

PORTION SIZES FOR WOMEN

Calorie Control: A Simple Guide

FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two. And your hand. To build your meals:

| | |
|--|---|
|  |  |
| 1 palm of protein dense foods with each meal | 1 fist of vegetables with each meal |
|  |  |
| 1 cupped hand of carb dense foods if extra carbs are to be included | 1 entire thumb of fat dense foods if extra fats are to be included |

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.


PrecisionNutrition 

Chart (Woman) download link- [Click here](#)

PORTION SIZES FOR WOMEN

- Protein serving = size of your open palm
- Vegetable serving = 1 fist
- Carbohydrate = size of your open palm
- Healthy fat = 1 entire thumb

HOW MANY SERVINGS?

Everyone will start in Tier 1.

Tier 1 is a great starting point for most of the members of the success blueprint group. This allows you to get in an adequate amount of food and makes your transition easier.

If you are just starting out on your weight loss plan or new to our program this is where you should start.

TIER 1

FOR MEN

- 3-6 servings of protein
- 4-8 servings of vegetables
- 3-4 servings of carbohydrates
- 4-6 servings of healthy fat

3-4 total daily meals

TIER 1

FOR WOMEN

- 3-4 servings of protein
- 4-6 servings of vegetables
- 2-3 servings of carbohydrates
- 3-4 servings of healthy fat

3-4 total daily meals

You can spread out the servings for the day evenly across the meals and aim to get your carbohydrate servings in around your workout.

We do recommend that you try to get in 3-4 meals a day.

For example: Your daily 4-6 servings of vegetables will be spread out over 3 meals. That equals 1-2 servings of vegetables with each meal.

TIER 2

FOR MEN

- 4-6 servings of protein
- 6-8 servings of vegetables
- 1 servings of carbohydrates before or after workouts
- 3-4 servings of healthy fat

3-4 total daily meals

TIER 2

FOR WOMEN

- 3-4 servings of protein
- 4-6 servings of vegetables
- 1/2 - 1 servings of carbohydrates before or after workouts
- 2-3 servings of healthy fat

3-4 total daily meals


TRACKING AND COMPLIANCE SHEETS

Remember dreams do NOT come true, PLANS do! What gets measured and tracked gets improved.

If its not on paper your mind will start running the rationalization program and accurate accounting simply is not attainable. Without tracking and compliance you do not get an accurate record of reality.

It is well known that eye witness testimony to a situation is completely unreliable. Many studies have proven the fallibility of actual events with eye witness testimony.

WEEKLY TRACKING SHEET

| | | | | | | | | | | | |
|--------------|------------------|--------|---------|-----------|----------|--------|----------|--------|----|---|--|
| Name: | | | | | | | | Date: | |  | |
| Goal: | | | | | | | | | | | |
| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
| Meal 1 | P | 1 | P | P | P | P | P | P | | | |
| | C | 1 | C | C | C | C | C | C | | | |
| | V | 1 | V | V | V | V | V | V | | | |
| | F | 1 | F | F | F | F | F | F | | | |
| Meal 2 | P | 1 | P | P | P | P | P | P | | | |
| | C | 0 | C | C | C | C | C | C | | | |
| | V | 2 | V | V | V | V | V | V | | | |
| | F | 1 | F | F | F | F | F | F | | | |
| Meal 3 | P | 1 | P | P | P | P | P | P | | | |
| | C | 1 | C | C | C | C | C | C | | | |
| | V | 2 | V | V | V | V | V | V | | | |
| | F | 1 | F | F | F | F | F | F | | | |
| Meal 4 | P | 1 | P | P | P | P | P | P | | | |
| | C | 0 | C | C | C | C | C | C | | | |
| | V | 2 | V | V | V | V | V | V | | | |
| | F | 1 | F | F | F | F | F | F | | | |
| Totals | P | 4 | P | 0P | 0P | 0P | 0P | 0P | 0P | 0 | |
| | C | 2 | C | 0C | 0C | 0C | 0C | 0C | 0C | 0 | |
| | V | 6 | V | 0V | 0V | 0V | 0V | 0V | 0V | 0 | |
| | F | 4 | F | 0F | 0F | 0F | 0F | 0F | 0F | 0 | |
| Daily Goals: | Protein (P) | 3 to 4 | | | | | | | | | |
| | Carbs (C) | 2 to 3 | | | | | | | | | |
| | Vegetables (V) | 4 to 6 | | | | | | | | | |
| | Fats (F) | 3 to 4 | | | | | | | | | |

Download link- [Click here](#)

This will be your very user friendly tracking sheet Monday thru Sunday for the week.

At the left bottom you have your Daily servings goals. This is filled out for TIER 1 Woman.

As you can see in the left corner is your meals 1-4. In the next column we have P= protein, C= carbs, V= vegetables, and F= fat

For each meal you will mark the number of servings for the type of food using your portion size. At the end of the day you will add up your totals in the total box to see if you have reached your daily goal numbers.

WEEKLY COMPLIANCE SHEET

Meal Compliance Forms



Client Name: _____

Client Goal: _____

Start Date: _____

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| Meal 1 | P C V F | P C V F | P C V F | P C V F | P C V F | P C V F | P C V F |
| Meal 2 | P C V F | P C V F | P C V F | P C V F | P C V F | P C V F | P C V F |
| Meal 3 | P C V F | P C V F | P C V F | P C V F | P C V F | P C V F | P C V F |
| Meal 4 (optional) | P C V F | P C V F | P C V F | P C V F | P C V F | P C V F | P C V F |

Daily food requirements:

3-4 total palms of protein 4-6 total fists of vegetables

2-3 total cupped handfuls of fruit or carbohydrates 2-3 total thumbs of fat (not included in protein servings)

<4 Alcoholic Drinks per week (track meals with alcohol and list # of drinks)

Download link- [Click here](#)

Again this is a very easy and simple Monday thru Sunday compliance sheet to use. We will keep this sheet at the gym in your program folder.

You can also keep a copy with you as well. Each day you come in you will bring your tracking sheet and we will track your compliance. In the left column is the meal number, in the next column is the food initial (for example P=Protein)

If you were compliant for that meal number and portion check off the initial. If you were not compliant circle it.

MODIFYING

The initial goal is to become efficient at the basic habits. We want to only modify one thing at a time.

Why? So that its easier to see what is working and what needs to be modified in order to break a plateau. We need to demonstrate clear cause and effect. Changing only one thing at a time allows us to do this.

PROGRESSING AND CYCLING

Only after we have demonstrated and proved compliance we can use the principle of cycling.

For example: On non-training days consume 1-2 less servings of carbohydrates. Then on training days consume your regular amount of servings.

As always dedicated to your success,

Chris Shah

**“ Knowing is not enough we
must apply. Willing is not
enough we must do” - Bruce Lee**