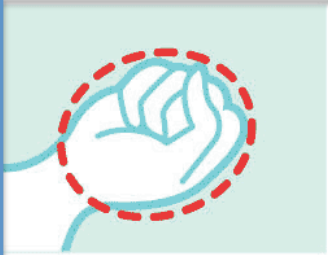






The Little Black Dress Project Perfect Portions:

Hello Ladies! Use the following guideline for measuring out your food. **Portion control is EXTREMELY important!** Even when you are eating a clean diet, calories in the oils, nuts, and fruits can add up. ☺

	<i>Fist Full</i> = <i>1 Cup</i>	<i>Fruit</i>
	<i>Your Palm</i> = <i>3.5-4 oz.</i>	<i>Fish & Meats</i>
	<i>Handful</i> = <i>1/4 cup</i>	<i>Trail mix and Nuts & Seeds</i>
	<i>2 Handfuls</i> <i>(giant handfuls please!)</i> = <i>1-2 Cups</i>	<i>Veggies</i>
	<i>Thumb</i> = <i>1 oz.</i>	<i>Oils & Nut Butters</i>