

	Hand Portion	Macronutrient	Conventional Measurement
Protein	1 palm	~20-30 g	~3-4 oz cooked meat/tofu, 2 whole eggs, 1 cup Greek yogurt
Carbs	1 cupped hand	~20-30 g	~1/2-2/3 cup cooked grains/legumes, 1 medium fruit/tuber
Fats	1 thumb	~7-12 g	~1 tbsp

This approach helps most folks meet their protein, vegetable, carb, fat, and calorie needs without having to count a gram or weigh an ounce of food.