

MEAL PLAN CHEAT SHEET

FORGET CALORIE COUNTING. TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs =
1 cupped hand



A serving of
fats = 1 thumb



HERE'S HOW TO USE THIS METHOD TO BUILD A PLATE



STEP 1
PROTEIN

Men:
Two palm-sized portions
(~ 40-60 g protein)

Women:
One palm-sized portion
(~ 20-30 g protein)

STEP 2
VEGETABLES

Men:
Two fist-sized portions

Women:
One fist-sized portion

STEP 3
CARBOHYDRATES

Men:
Two cupped-hand sized portions
(~ 40-60 g carbs)

Women:
One cupped-hand sized portion
(~ 20-30 g carbs)

STEP 4
FATS

Men:
Two thumb-sized portions
(~ 15-25 g fat)

Women:
One thumb-sized portion
(~ 7-12 g fat)

Men eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day. Women eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.

FOOD LIST

Lean protein

MEAT

- Lean/extra-lean cuts of beef
- Lamb
- Lean pork (e.g. pork tenderloin)
- Wild game (e.g. venison, elk)

POULTRY

- Chicken
- Turkey
- Duck
- Eggs & egg whites

FISH

- Tuna
- Salmon
- Tilapia
- Cod
- Haddock
- Trout
- Sardines or mackerel

SEAFOOD & SHELLFISH

- Shrimp (fresh or plain frozen)
- Mussels, clams, scallops
- Crab, lobster
- Squid (calamari) or octopus

DAIRY

- Milk
- Cottage cheese
- Plain yogurt / Greek yogurt
- Protein powders (e.g. whey protein)

PLANT BASED

- Lentils
- Beans
- Peas (chickpeas, pigeon peas, etc.)
- Hummus
- Tofu, tempeh
- Vegetarian protein powders (e.g. hemp protein)

Smart carbohydrates

Look for whole food carbohydrates that pack lots of nutrition and fiber, such as the options below.

WHOLE GRAINS

- Oats
- Buckwheat
- Barley
- Brown, red, or wild rice
- Amaranth
- Sorghum
- Quinoa
- Spelt
- Kamut
- Teff
- Wheat berries (whole wheat kernels)

- Sprouted grains or breads
- Whole grain pasta

STARCHY TUBERS

- Purple, red, or gold potatoes
- Sweet potatoes / yams
- Yuca / cassava

LEGUMES

- Lentils & beans
- Bean / lentil pasta

FRUITS

- Apples
- Apricots
- Banana

- Berries
- Cantaloupe
- Cherries
- Cranberries (fresh)
- Currants (fresh)
- Grapefruit
- Grapes
- Guava
- Lemons, limes
- Mangoes
- Melons
- Oranges
- Peaches, nectarines
- Persimmons
- Pineapple
- Plantains
- Plums
- Pomegranates
- Strawberries
- Watermelon

Vegetables

- Bean sprouts
- Beets
- Broccoli
- Brussel sprouts
- Cabbage (e.g. Napa, purple, etc.)
- Carrots
- Cauliflower
- Celery
- Cucumber

- Eggplant / aubergine
- Fennel / anise
- Fresh herbs (e.g. parsley, basil)
- Garlic
- Green beans
- Green peas
- Green peppers
- Kale
- Lettuce
- Mushrooms
- Okra
- Onions, leeks, shallots

- Turnip greens
- Collard greens
- Radishes
- Rapini (broccoli rabe)
- Red lettuce, radicchio
- Red peppers
- Rhubarb stems
- Spinach
- Sweet potatoes
- Tomatoes
- Winter squash & pumpkin
- Zucchini / courgette

Healthy fats

Look for less-processed and/or "whole food" fat sources.

COLD-PRESSED OILS

- Extra-virgin olive oil
- Walnut oil
- Hemp seed oil
- Pumpkin seed oil
- Avocado seed oil
- Flax seed oil
- Extra-virgin coconut oil
- Fish oil or algae oil

- Butter (look for grass-fed / organic if possible)
- Fresh avocado or fresh guacamole

NUTS & SEEDS

- Raw, unflavored, unsalted nuts (e.g. almonds, cashews, walnuts, pecans, Brazil nuts, hazelnuts, etc.)

- Raw, unflavored, unsalted seeds (e.g. pumpkin seeds, sunflower seeds, hemp seeds, etc.)
- Ground flax seeds
- Coconut (including fresh coconut or coconut milk)
- Natural peanut butter
- Natural nut or seed butters (e.g. almond butter, tahini, etc.)

Am I restricted to the foods on the above list?

Absolutely not. This food list is a guideline to give you ideas on the variety of whole foods available to us.

You can still enjoy foods outside this list, provided you've built strong foundational habits over time.

What is the best diet to go on?

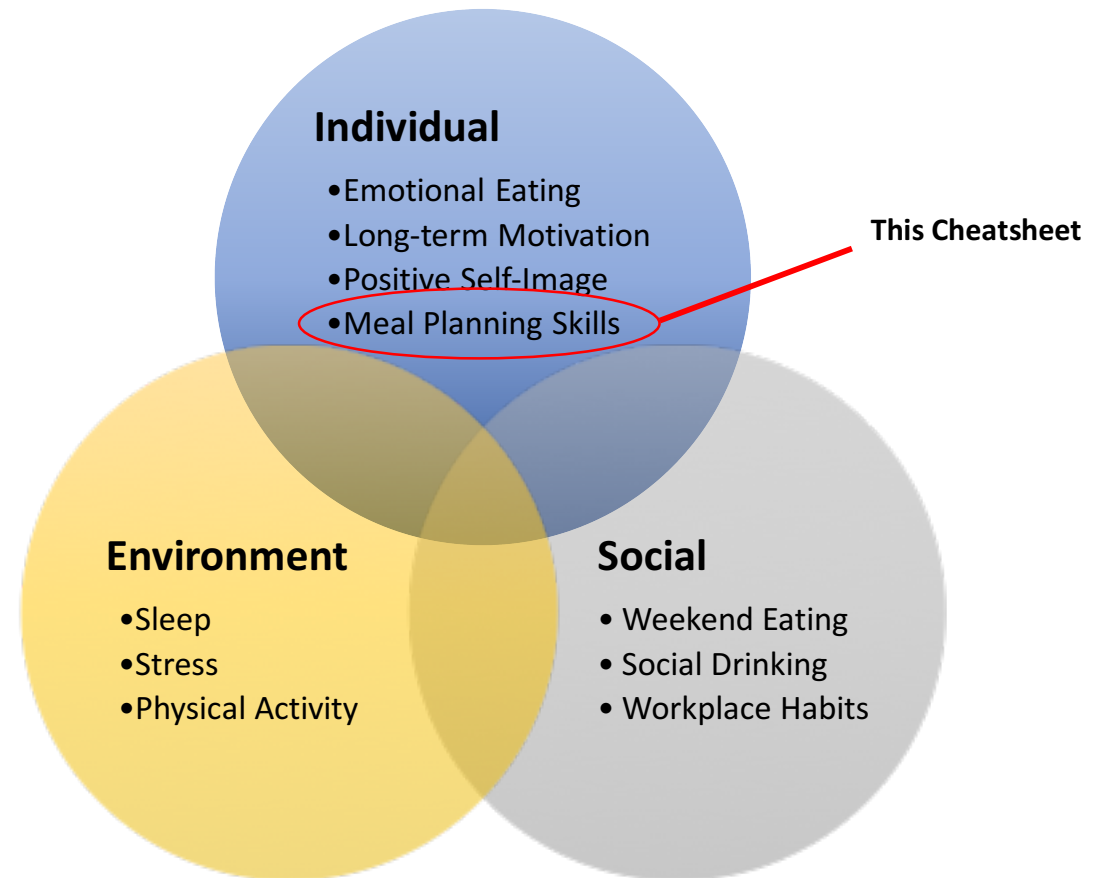
I wish I was able to give a one-word answer to this. But there is no ONE single diet that is perfect for every person.

There have been numerous studies about tribal people from all over the world who are living on varied diets (high fat, plant-based, high carb, etc.)

These studies concluded that despite the varying diets, they all had stronger health markers compared to western countries for the following reasons:

1. Each tribe was eating a variety of whole foods from a high quality sources
2. They were highly in tune with their appetite and hunger signals

After working with people from different ages and backgrounds, we have found that there are several different factors that play a role in permanent weight loss:





“After spending my whole adult life in an endless diet cycle, I feel that your work makes so much sense to me.

There does have to be a better way, and I think you are onto it. Looking forward to the rest of the program.”

- Cleo

“Going through Kern’s coaching program, I can say I’ve mastered the skill of creating long-term change, even when life gets busy.

Not only do I feel good about my body, but I also have more energy throughout the day and don’t get sick as easily.”

- Shivam *(India, lost 28kgs)*



“I’m the fittest I’ve been all my life at the age of 36. The most amazing part is that it has had a domino effect in other parts of my life.

I’ve recently got my dream job offer and feel lucky to have also found the woman of my dreams.”

- Laban *(Australia, lost 11kgs)*



“Didn’t even realise this but I looked at the weighing scale after a month and I had lost 3 kgs. But I know this is so much more than the number on the weighing scale.

I’ve stopped obsessing about food and it has taken away so much pressure off my shoulders. I’m feeling light both mentally and physically!”

- Natalie *(Netherlands)*



“G'day mate, I just wanted to say I've been following the Body Knows Best methodology and I've lost 8 or 9 kgs.

I just got back from 5 months overseas trip and pretty much everyone has been commenting. Anyway, just wanted to say thank you for it, it's really helped me and I feel awesome!”

- Pete *(Australia)*

“I’ve been dieting and exercising for years, but somehow I could never reach my goal.

After working with Kern, my outlook has been completely transformed and I’ve got a better understanding of my habits and how I perceive myself.

Losing weight and reaching my goals is now easier than ever, and for that, I am forever grateful.”

- Nikita *(Denmark, lost 9kgs)*

