

HAND METHOD OF MEAL PLANNING



1 Cup = FIST

- Best for:* Beverages, Cereal, Casseroles, Soups, Fresh fruit, Salads



1/2 Cup = CUPPED HAND

- Best for:* Pasta, Rice, Beans, Potatoes, Cooked vegetables, Pudding, Ice cream



3 Ounces = PALM (thickness and size) (not fingers)

- Best for:* Beef, Pork, Poultry, Fish



1 Tablespoon = THUMB

- Best for:* Salad dressing Peanut butter, Sour cream, Cream cheese



1 Teaspoon = THUMB TIP

- Best for:* Butter, Margarine, Mayonnaise, Oil