



ADVANTAGE SPORTS UAE

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UNDERSTANDING PORTION CONTROL



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Understanding Portion Control



Women:
1 PALM SIZE
= 1 Serving of Protein

Men:
2 PALM SIZES
= 1 Serving of Protein



PROTEIN SOURCES:

Chicken
Turkey
Beef
Lamb
Pork
Fish
Seafood
Eggs
Greek yoghurt
Cottage cheese

LIMIT:

Smoked, cured meats or processed meats.

Very fatty cuts of meat e.g. lamb

NOTE:

If you are consuming high amounts of fat then there is no need to consume extra fats from the fats list.

e.g. oily fish, fattier cuts of meat, whole eggs, full fat Greek yoghurt



Women:

1 FIST SIZE

= 1 Serving of Vegetables

Men:

2 FIST SIZES

= 1 Serving of Vegetables



VEGETABLE SOURCES:

**Cauliflower
Broccoli
Kale
Celery
Onion
Spring Onions
Green Beans
Rocket
Spinach
Lettuce**

**Cucumber
Courgettes
Peppers
Tomatoes
Radishes
Pak Choi
Cabbage
Mushrooms
Chillies
Carrots**



Women:

1 CUPPED HAND

= 1 Serving of Carbohydrates

Men:

2 CUPPED HANDS

= 1 Serving of Carbohydrates



CARBOHYDRATE SOURCES:

Rice
Potatoes
Bread
Pasta
Cous Cous
Quinoa
Lentils
Oats

LIMIT:

**Refined processed
carbohydrates.**

**e.g. sugar, white
bread, white pasta**



Women:
1 THUMB SIZE

= 1 Serving of Fat

Men:
2 THUMB SIZES

= 1 Serving of Fat



FAT SOURCES:

Nuts
Seeds
Coconut Oil
Butter
Ghee
Olive Oil

LIMIT:

**Trans fats found in
baked goods and
fried foods**

**e.g. pastries,
cookies, cakes,
crisps**



The above is a general guide. There are a number of factors to take into consideration when deciding how much to eat.

- Your stature
- How many meals you are able to eat per day
- Your activity levels
- If your goal is to lose weight
- If your goal is to gain weight

Portion Control Quick Meal Guide



On the next few pages are some example portion control meals.

All recipes serve one person. Simply double the quantities to serve two.

In some of the following recipes, you can choose quantities of ingredients.

For example '2-3 eggs' in the Colourful Veggie Scramble recipe

Choose the quantity based on your size, gender, goals etc.

Refer to the Customise Section on the previous page if you are unsure of anything.

Breakfast



Colourful Veggie Scramble

Serving of spinach, chopped roughly

1 tsp coconut oil or butter

a handful of button mushrooms, chopped

1 tbsp sun-dried tomatoes, drained and chopped

1 clove garlic, finely chopped

2-3 eggs

1-2 egg whites

salt and pepper to season



Steam the spinach for around 5 minutes until fork tender. Set aside.

In a non-stick frying pan, heat the oil or butter over a medium heat. Add the mushrooms and sauté, stirring for 4 minutes.

Add the steamed spinach, sun-dried tomatoes and garlic. Sauté, stirring for 3 minutes.

Beat the eggs and whites for 30 seconds, then pour evenly over the vegetables.

Allow to cook untouched for around 2 minutes.

Gently stir the mixture together until the eggs are fully cooked, around 2-3 minutes.

Season with salt and pepper and serve.



Overnight Cocoa Oats

1 serving oats (use gluten free oats if preferred)

2 scoops chocolate or vanilla flavour whey or rice protein powder

1 tbsp cocoa powder

1 dessert spoon Greek yoghurt

80ml unsweetened almond milk

1 tsp honey (or use sweetener of your choice)

1 serving raspberries



Place all ingredients except the raspberries into a sealable container and mix well.

Seal and refrigerate for at least 2 hours or overnight.

Mix in a little more extra almond milk if the mixture is too dry.

Spoon into a serving bowl and top with fresh raspberries.



Breakfast Egg Pizza

1 tsp ghee or butter

2-4 eggs

A sprinkle of Cheddar cheese, grated
(use dairy free if preferred)

1 tsp tomato purée

pinch of pepper

pinch of paprika

pinch of Italian herbs



Prepare a medium grill. Melt the ghee/butter in a frying pan over a medium heat.

Crack the eggs into the frying pan. Cook on a medium heat until the whites are solid but the yolks are still runny. Placing a lid on the frying pan will speed up cooking time by a couple of minutes.

Slide the eggs onto a plate. Squeeze on a tsp of tomato purée.

Add the cheese and seasonings.

Place under the grill for a few minutes until the cheese melts.

Suggestion: Serve with wilted spinach.

Lunch & Dinner



Turkey Satay Spice

- 1 tsp organic coconut oil or ghee
- 1 small red onion, diced
- 120-200g turkey breast steaks, diced
- 1 serving closed cup mushrooms, sliced
- 1 serving baby plum tomatoes
- 2-3 red or green chilli peppers, sliced
- 1 yellow bell-pepper, diced
- 200ml fresh chicken stock (or use 1 organic stock cube)
- 2 tbsps tomato purée
- 1 serving fresh spinach leaves
- 1 serving crunchy peanut butter
- salt to taste (optional)



Melt the oil / ghee in a large saucepan over a medium heat.

Add the onion and sauté for 3-4 minutes, stirring.

Add the turkey and cook for 3-4 minutes, stirring occasionally.

Add the mushrooms, baby plum tomatoes, chilli peppers and yellow pepper and sauté for 2-3 minutes, stirring, until soft.

Add the stock and tomato purée and bring to the boil, then reduce to a gentle simmer.

Cover and cook for 10-15 minutes, stirring occasionally.

Add the spinach leaves and stir well. Cook for 1 minute or until wilted.

Add the peanut butter and salt (if using), stir well and cook for 1 minute. Serve.



Balsamic Beef Salad

1 serving beef frying steaks, cut into strips

1 tsp coconut oil or butter

for the marinade:

1 tbsp balsamic vinegar

1 tsp garlic, finely chopped

1 tbsp Worcester sauce

for the salad:

1 serving mixed lettuce leaves

1 serving avocado or boiled egg, sliced (or half a serving of each)

1 serving plum tomatoes / celery / peppers / cucumber



Place the beef in a large bowl. Add the other marinade ingredients and mix well. Cover and refrigerate for 4 hours or more.

Melt the oil or butter in a non-stick frying pan over a medium / high heat. Add the beef and fry gently on both sides for around 3-4 minutes or until cooked to your liking.

Assemble the salad ingredients in a bowl and add the beef strips.



Minted Lamb Kebabs

- 3 tbsps plain yoghurt
- 1 tsp finely grated unwaxed lemon zest
- 1 tsp fresh lemon juice
- 1 garlic clove, crushed
- ½ tsp English mustard
- 1 tbsp tomato purée
- 1 serving lean lamb leg steaks, diced
- 1 serving cherry / plum tomatoes
- small sprig fresh mint, finely chopped

for the salad:

- 1 serving mixed lettuce leaves
- 1 serving plum tomatoes / celery / peppers / cucumber
- small handful fresh coriander, finely chopped (optional)



Mix the yoghurt, lemon zest, lemon juice, garlic, mustard and tomato purée in a shallow bowl.

Add the lamb and coat well in the sauce.

Cover and refrigerate for at least one hour.

Soak 2 bamboo skewers in cold water for 30 minutes or more.

Prepare a medium grill.

Thread the lamb pieces and cherry tomatoes (alternating) onto the skewers.

Brush with the marinade and grill for 5 minutes each side or until cooked to your liking.

Sprinkle over the chopped mint.

Assemble the salad ingredients in a bowl and serve.



Salmon & Dill Omelette

a pinch of dried dill

1 tsp ghee or butter

½ a fresh salmon fillet

¼ of a small white onion, finely chopped

1 serving button mushrooms, chopped

¼ of a medium sized tomato, diced

2-3 eggs plus 1 egg white

a pinch of sea salt and black pepper

A sprinkle of Cheddar cheese, grated (use dairy free cheese if preferred)

1 serving fresh spinach leaves



Season the salmon with dill.

Melt the ghee / butter in a large frying pan over a medium / high heat.

Add the salmon and cook for around 10-12 minutes, turning halfway. When cooked, the flesh should be a pale pink colour throughout. Remove from pan and set aside.

Reduce the heat to medium. Add the onion and mushrooms to the pan and sauté gently until soft for 2-3 minutes, stirring frequently. Add the tomatoes and cook for 2-3 minutes, until soft. Remove the vegetables from pan and set aside. Remove any bits from the pan.

Whisk the eggs and whites in a jug and season with salt and pepper. Pour the eggs into the pan. Cook gently for 3-4 minutes until the edges of the mixture start to crisp.

Add the cheese and spinach leaves and cook until the leaves have wilted.

Using a slice, carefully fold the omelette in half. Remove from the pan and serve.