




TYLA-D  
*FIT*



**GUIDE TO  
HAND  
PORTIONING**

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## WELCOME TO THIS GUIDE

It is almost impossible to be unaware of trends in diets that come up as we are surrounded by social media, news and celebrities promoting new ideas leading to a lot of dietary confusion.

People try drastic methods and continue to struggle with achieving their balance of food. Repeated failed dietary efforts create a lack of trust and confidence in ever attaining a physical goal. We end up with so much information we just don't know who to trust.

The method of hand portioning combined with intuitive eating promotes flexible, sustainable nourishment that uses rational thought and instinct.

It is not a method to just 'eat whatever you want' but to work with your brain and eat in a way that satisfies, nourishes and satiates. No matter how experienced a person is in refining nutrition for their goals, hand portions work, fact.

The goal of your nutrition is to create a sustainable pattern of dietary behaviours that culminate in a manner of eating that aligns with your physical goals.


The intention isn't to force unpalatable foods into the diet to achieve a short-lived physiological outcome but to re-address eating behaviours and habits, ending up with a perpetual way of eating that both achieves and maintains your results.

**TYLADFIT**  
**C O A C H**

A handwritten signature in black ink, appearing to be 'AD' with a flourish.



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