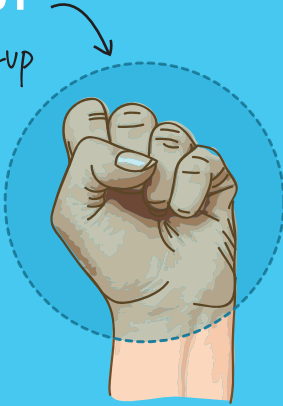


PORTION

Hacks

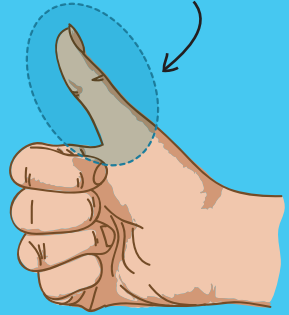
FIST

1 Cup



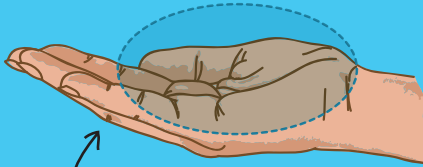
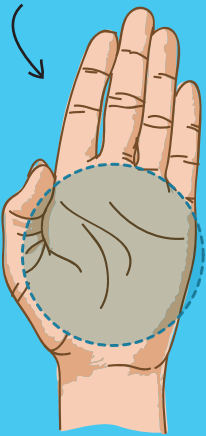
THUMB

1 Ounce meat or cheese



PALM

3 Ounces of Meat



CUPPED HAND

1-2 Ounces of Meat

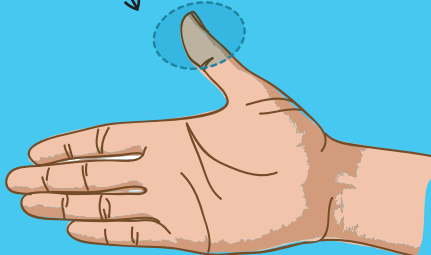
FINGERTIP

1 teaspoon



THUMB TIP

1 tablespoon



*hands are not actual size