



The **Bucket Serving** Size System

In order to optimize your internal health and reach your body composition goals, our nutrition plan is designed to give your body the macro and micro nutrients it needs on a daily basis. The following outlines how our serving system works so you can begin logging your food into the [Prefusion Nutrition Tracker](#) on a daily basis.

How we determine your starting Bucket allocation

Your starting bucket allocation is determined by:

- Your calculated Resting Metabolic Rate (determined by age, height and weight)
- Your goal (Fat loss, Muscle Gain, Maintenance or Custom Calorie Goal)
- Macro Breakdown as a percentage of total calories (Carbohydrates, Fats and Proteins)

**Please note, if you are a Prefusion Health client, your starting Bucket allocation was created by our Health Team based on your measured RMR and goals.*

The image shows a smartphone screen displaying the Prefusion Health app. The screen is titled "Calories" and includes a "Goal Type" dropdown menu set to "Fat Loss". Below this, it shows "Suggested Calories: 2413". At the bottom, there is a "Starting Macro Breakdown" section with three rows: "Carbohydrate" at 35% of Calories, "Fat" at 30% of Calories, and "Protein" at 35% of Calories. Each percentage is in a green box with a dropdown arrow. To the right of the phone, three callout boxes with arrows point to these elements: the first points to the "Goal Type" dropdown, the second points to the "Suggested Calories" value, and the third points to the macro breakdown percentages.

Choose between 4 Goal options:

- Fat Loss
- Maintenance
- Muscle Gain
- Custom Entry

Suggested Calories:

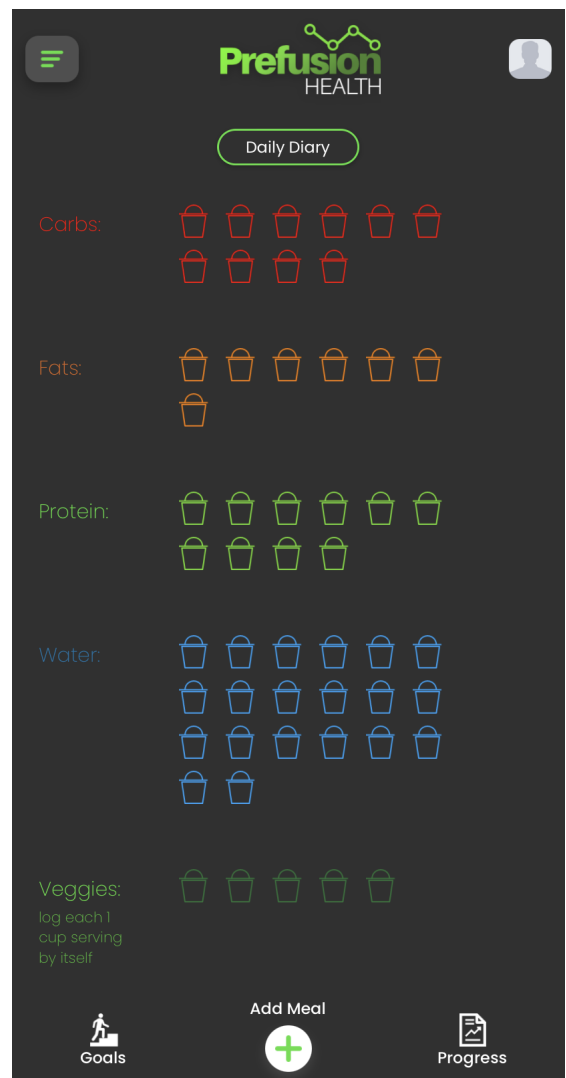
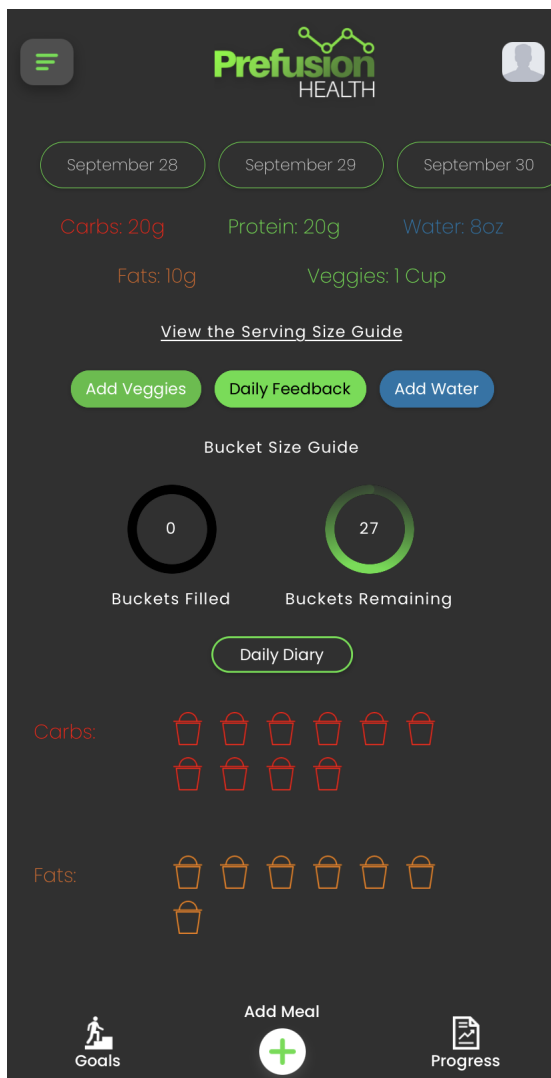
The calorie target is based on your RMR and the goal you select above.

Macro Breakdown:

The drop down menu allows you to select the % of calories you want to derive from each category (Carbohydrates, Fats and Proteins). The %'s highlighted green are where Prefusion Health suggests starting your Bucket protocol.

Bucket Allocation

The home page below will display your bucket allocation for the day based on your selections from the prior screen, when you selected your goal and macro percentages. Now on this “Home Screen” you can view your total Bucket Allocation for Carbohydrates, Fats and Proteins for the day. There are a number of other features on this page, which you can learn more about using our Help Guide (found on the Navigation Bar).



Bucket Serving Size

As you consume food throughout the day, you will see your buckets begin to fill based on the macronutrient composition of the foods consumed. For example, consuming a small apple will yield roughly 1 Bucket of Carbohydrates, since the apple is roughly 20 grams of Carbohydrates. Your goal will be to fill your buckets for the day by eating the right foods and portion sizes.

Macronutrient	Bucket	Bucket Size	Example
Carbohydrates		20 grams	
Fats		10 grams	
Protein		20 grams	

*The examples are roughly 1 serving of each macronutrient (small banana, 1/2 small avocado, 2-3 oz grilled chicken breast)

Measuring Guide for filling Buckets:

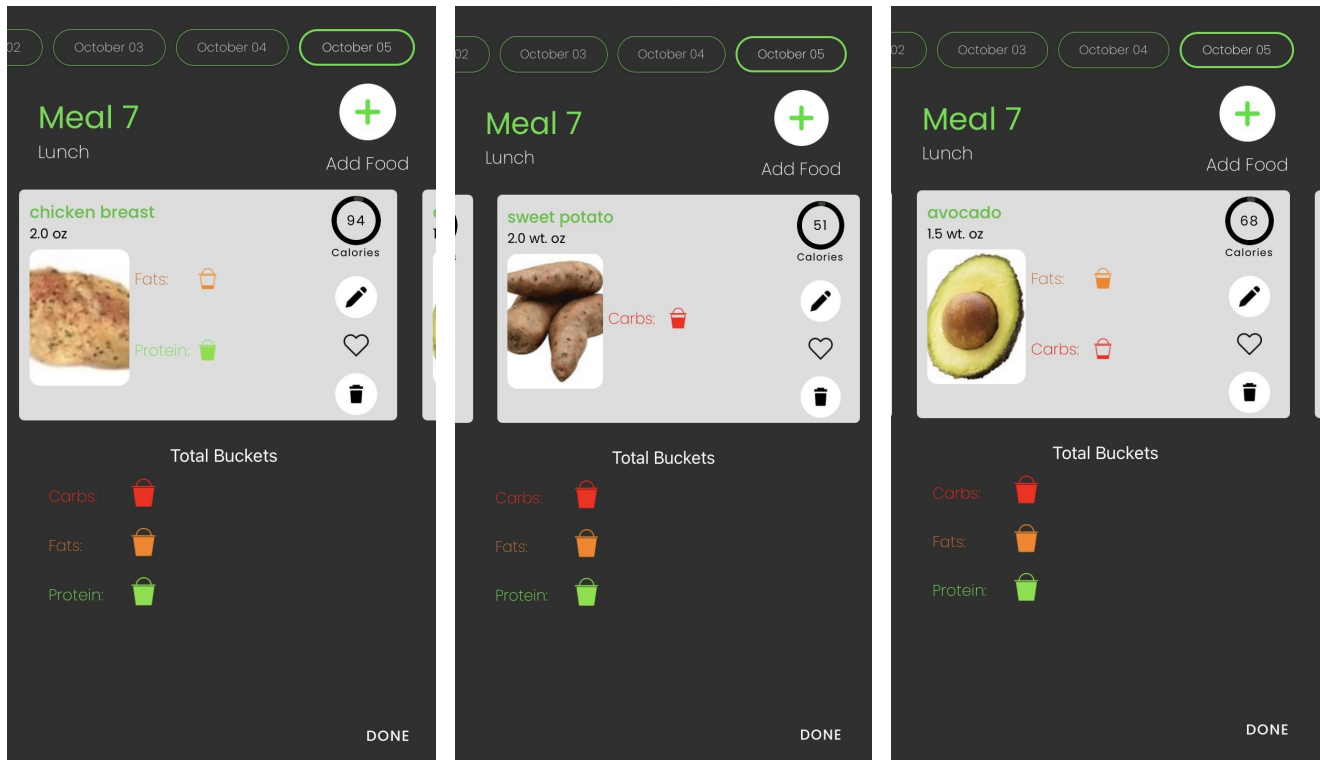
When logging food in the app, there are a number of ways you can input your food options. Below are a few examples of how you can measure your food.

Macronutrient	Hand Guide	Ingredient Label	Use a Scale
Carbohydrates	 CARBS 1 SERVING = 1 CUPPED HANDFUL		
Fats	 HEALTHY FATS 1 SERVING = 1 THUMB		
Protein	 PROTEIN 1 SERVING = 1 PALM		

***When measuring with a scale, try and use primarily grams and ounces as the unit of measurement. Usually food labels will provide measurements in grams or ounces.**

Creating Meals with Specific Bucket Goals

You can begin putting your meals together using the Buckets to make sure your portion and macro allocation for each meal is balanced. Below is an example of a meal containing Carbohydrates, Fat and Protein with the goal of 1 bucket per macronutrient.



There are three items in this meal to complete a balance meal of 1 Bucket per macronutrient:

Carbohydrates (1 Bucket) - 2 ounces of Sweet Potato (plus some carbs from Avocado)

Fat (1 Bucket) - 1.5 ounces Avocado (plus small amount from Chicken Breast)

Protein (1 Bucket) - 2 ounces Chicken Breast

Combination Measurement (Hand Guide & Scale)

When creating a meal, your entries will begin to fill your buckets according to their macro composition.

Sample meal, using primarily the search feature (eggs) combined with the measuring using a standard food scale (oats, measured dry 40g).

Macronutrient	Buckets
Carbohydrates	
Fats	
Protein	

Meal



3 Large Eggs

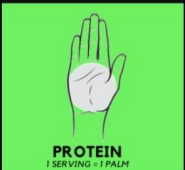


40g Dry Oats

*Eggs entered using the search feature, oats measured dry on the scale and found using the search feature.

Hand Guide Measurement

A great tool for “on the go” measuring is using the “Hand Guide” method. You can visually measure your food with this tool, and enter it in the app manually as follows...

Macronutrient	Hand Guide	Meal
Carbohydrates	 CARBS 1 SERVING = 1 CUPPED HANDFUL	 Small Sweet Potato
Fats	 HEALTHY FATS 1 SERVING = 1 THUMB	 4-5 Walnuts
Protein	 PROTEIN 1 SERVING = 1 PALM	 Chicken Breast

Custom Food

Read the label on your food item to fill the macros below.

[If a food label is available here is how to read the label to enter the food below](#)



Dinner

Not used one required

Carbohydrates (g)	20
Fat (g)	10
Protein (g)	20

CONTINUE

Meal 5

Snack Add Food

Dinner 1 Piece

Fats  Carbs  Protein 



Total Buckets

Carbs  Fats  Protein 

DOI

Food Label Measurement

When a food label is available, you can manually enter the macronutrients of the food to see how it fills your buckets for that meal.

Food Label

Nutrition Facts
12 servings per container
Serving size 1 bar (60g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 21g	8%
Dietary Fiber 15g	54%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Erythritol 2g	
Protein 21g	42%

Vit. D 0mcg 0% • Calcium 120mg 10%
Iron 1.5mg 8% • Potassium 140mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Custom Food

Read the label on your food item to fill the macros below.

[If a food label is available here is how to read the label to enter the food below](#)

Bar

Not least one required

Carbohydrates (g)	21
Fat (g)	8
Protein (g)	21

CONTINUE

October 03 October 04 October 05

Meal 7

Shack Add Food

Bar
1 Piece

Fats:

Carbs:

Protein:

240
Calories

Total Buckets

Carbs:

Fats:

Protein:

DONE

Exchange List

The Exchange List is a list of a number of high quality foods for each Bucket category (Carbohydrates, Fats and Protein), as well as the portion size of the food to complete approximately 1 Bucket of the item when consumed. You can find this list from the main Navigation bar in the app.

