



Bucket Serving Size System

In order to optimize your internal health and reach your body composition goals, we must design a nutrition plan that provides your body with the macro and micro nutrients it needs on a daily basis. The following outlines how our serving system works.

How we determine your starting Bucket allocation

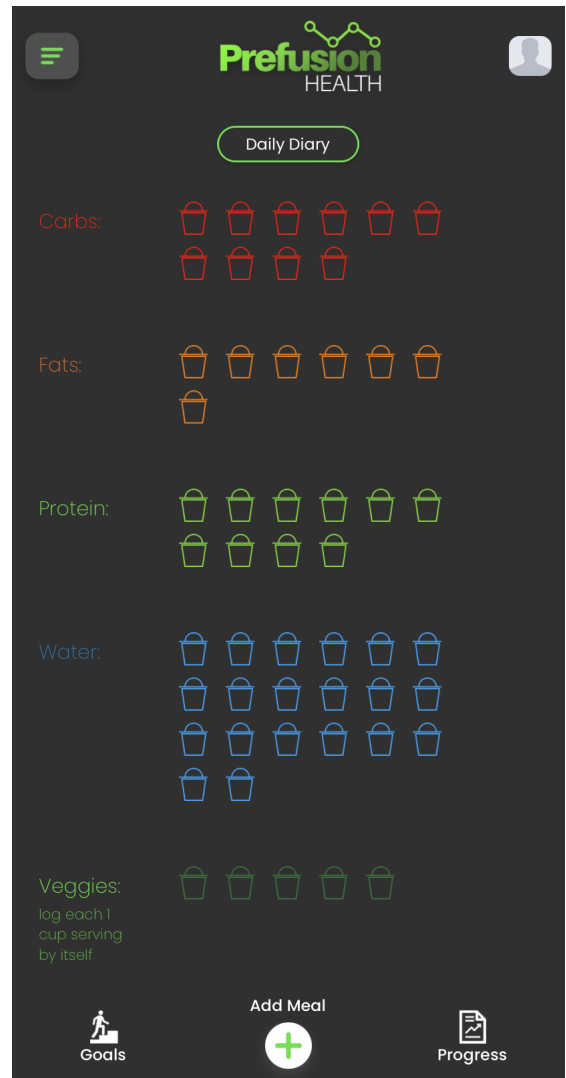
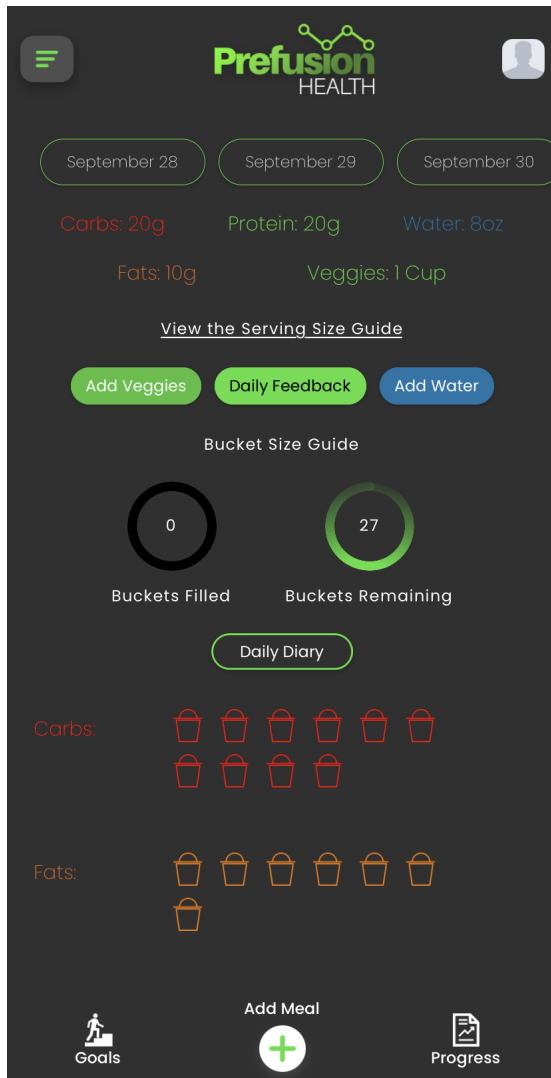
Your starting bucket allocation is determined by:

- Your calculated Resting Metabolic Rate (determined by age, height and weight)
- Your goal (Fat loss, Muscle Gain, Maintenance or Custom Calorie Goal)
- Macro Breakdown (carbohydrates, fats and proteins)

A screenshot of a mobile application interface for Prefusion Health. The screen has a dark grey background with a green header bar at the top containing a back arrow. The Prefusion Health logo is centered below the header. The main heading is "Calories" in green. Below it, a line of text says "Select your goal below and we will calculate your calories according to you goal." A "Goal Type" dropdown menu is set to "Fat Loss". Below this, "Suggested Calories:" is followed by the number "2413". A horizontal line separates this from the "Prefusion Health Recommended" section, which includes "Starting Macro Breakdown:". This section lists four items: "Carbohydrates" (35% of Calories), "Fat" (30% of Calories), "Protein" (35% of Calories), and "Water" (50% of BodyWeight). Each item has a green button with a dropdown arrow next to its percentage or weight value.

Bucket Allocation

The home page below will display your bucket allocation for the day based on your selections from the prior screen (RMR, Goal and Macros).



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 Buckets:

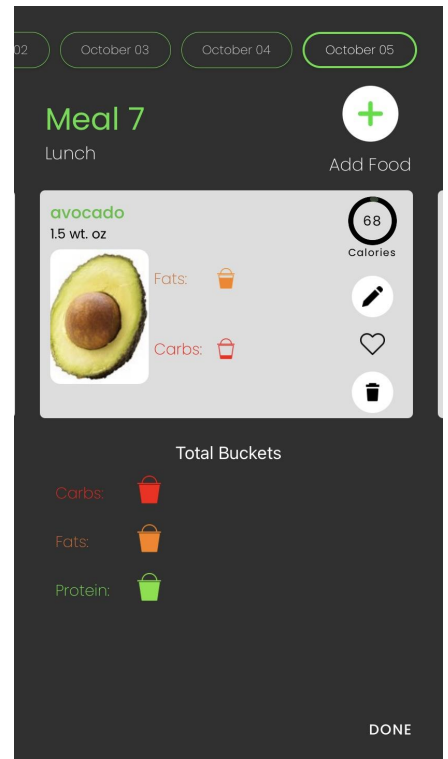
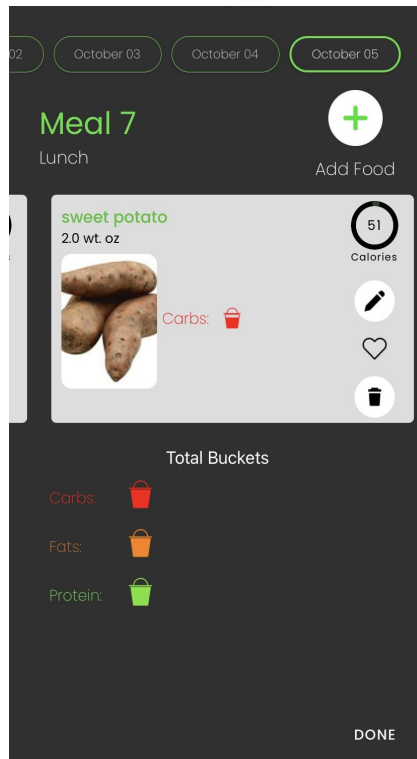
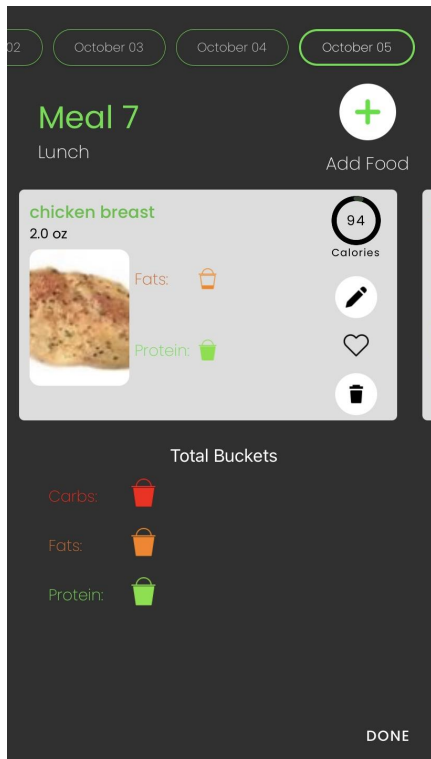
When logging food in the app, there are a number of ways you can input your food options. Below are a few examples of how you can measure your food.

Macronutrient	Hand Guide	Ingredient Label	Use a Scale
Carbohydrates	 CARBS 1 SERVING = 1 CUPPED HANDFUL	 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 0mg 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.	
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.

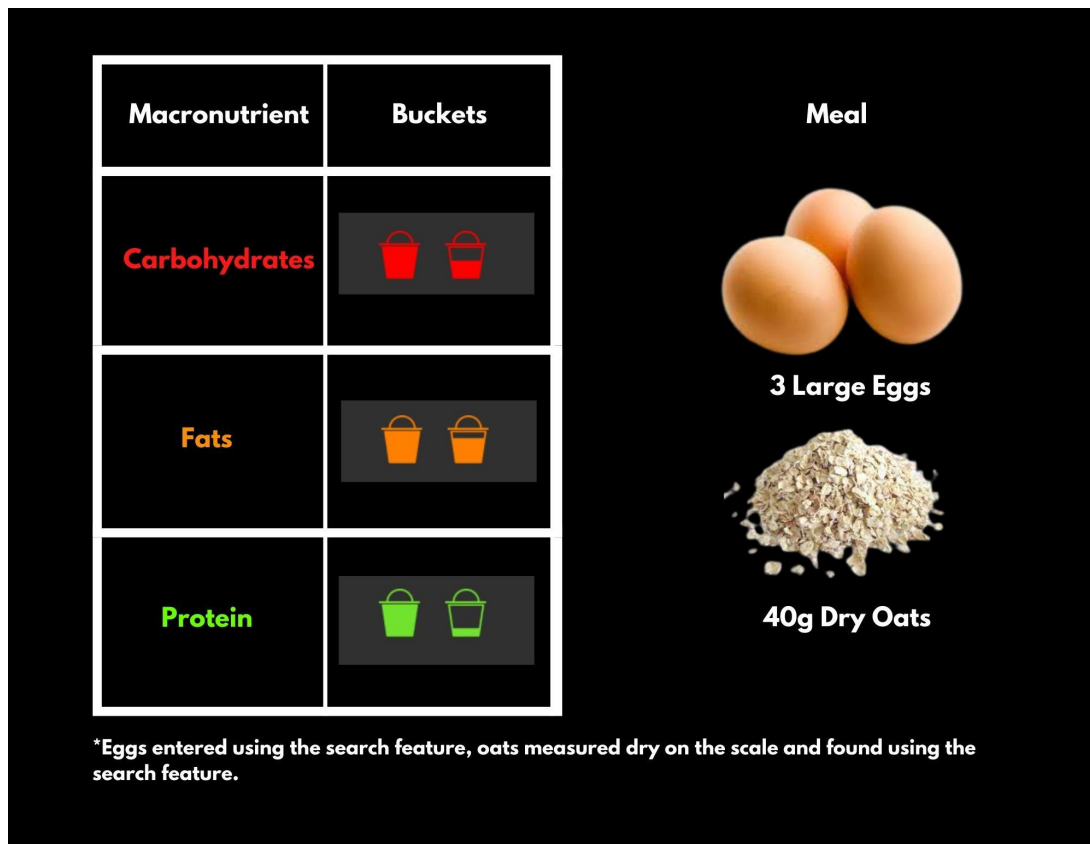
Creating Meals with Specific Bucket Goals

You can begin putting your meals together using the buckets to make sure your portion and macro allocation for each meal is appropriate. Below is an example of a meal containing carbohydrates, fat and protein with the goal of 1 bucket per macronutrient.



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 scale measurement tool (oats, measured dry 40g).



Hand Guide

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



Not used ones required

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

CONTINUE

Meal 5

Snack Add Food



Dinner
1 Piece

Fats 

Carbs 

Proteins 

250
Calories





Total Buckets

Carbs 

Fats 

Protein 

DOT

Food Label

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

for least one required

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

CONTINUE

Meal 7

Shack

Add Food

Bar 1 Piece

Fats: 8g
Carbs: 21g
Protein: 21g

Calories 240

Total Buckets

Carbs: 21g
Fats: 8g
Protein: 21g

DONE