THRYVIVA CHEAT SHEET • KITCHEN & NUTRITION REFERENCE

# 1-Page Kitchen Measurements & Macro Chart

No food scale required — quick volume conversions and hand-portion macro anchors for everyday cooking.

## Volume & Portion Equivalents

| Kitchen Measure | Volume / Weight | Quick Visual Guide |
|---|---|---|
| 1 Tablespoon (tbsp) | 3 tsp • 15 ml | Size of your thumb tip |
| 1/4 Cup | 4 tbsp • 60 ml | 1 small cupped handful |
| 1/2 Cup | 8 tbsp • 120 ml | 1/2 baseball / 1 cupped palm |
| 1 Cup | 16 tbsp • 240 ml | 1 clenched fist |
| 100g Cooked Protein | 3.5 oz • ~25–30g protein | Palm of your hand (thickness of a deck of cards) |

## Macro Conversions & Balanced Plate Formula

| Macronutrient | Calories / Gram | Daily Balanced Plate Target |
|---|---|---|
| Protein | 4 kcal / g | 1/4 of plate (25–35g per meal for steady energy) |
| Complex Carbs & Fiber | 4 kcal / g | 1/4 of plate (whole grains, root veg, legumes) |
| Healthy Fats | 9 kcal / g | 1–2 thumb-sized portions (olive oil, nuts, avocado) |
| Non-Starchy Vegetables | High micronutrient | 1/2 of plate (leafy greens, colorful crucifers) |