

# Low Carb - Meal Ideas V1

## DAY 1

### Dinner

	low carb shrimp scampi	1 serving	317 cal
	salmon & avocado, keto egg wrap	1 serving	337 cal
	korean bbq keto bowl	1 serving	270 cal
	keto chocolate smoothie	1 serving	1,927 cal
	chicken caesar salad	1 serving	333 cal
	mediterranean chicken salad with avocado	1 serving	266 cal
	grilled chicken summer salad	1 serving	469 cal
	almond chicken salad	1 serving	385 cal
	italian tuna salad	1 serving	288 cal
	tuna salad	1 serving	381 cal
	spicy turkey taco salad	1 serving	637 cal
	deviled egg salad	1 serving	210 cal

**MEAL TOTAL: Calories** 5,819 cal / **Carbs** 162 g (11%) / **Protein** 386 g (27%) / **Fat** 395 g (62%) / **Fluid** 1452 g

### NOTES:

**DAY 1 TOTAL: Calories** 5,819 cal / **Carbs** 162 g (11%) / **Protein** 386 g (27%) / **Fat** 395 g (62%) / **Fluid** 1452 g



2 Servings

# low carb shrimp scampi

## Ingredients

spaghetti squash (cooked)	4 Cup(s) (960 ml)
extra virgin olive oil	1 1/2 Tbsp
oregano, dried	1 tsp
basil, dried	1 tsp
shrimp	8 oz (224 grams)
unsalted butter	1 Tbsp
garlic	2 cloves
parsley	3 sprigs
crushed red pepper flakes	1/4 tsp
lemon juice	1/2 1 fruit

## Nutrition Totals

**Calories** 634 / **Carbs** 48 g / **Protein** 36 g / **Fat** 37 g / **Fluid** 791 g

## Instructions

For the "pasta"

1 spaghetti squash  
Extra virgin olive oil, for drizzling  
Salt and pepper  
1 tsp dried oregano  
1 tsp dried basil

For the shrimp scampi

8 oz. shrimp, peeled and deveined  
1 tbsp butter  
1 tbsp extra virgin olive oil  
2 cloves garlic, minced  
Pinch of red pepper flakes  
Salt and pepper, to taste  
1 tbsp fresh parsley, chopped  
Juice of 1 lemon

Instructions

1. Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with seasonings. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

2. After removing spaghetti squash from the oven, melt the butter and olive oil in a skillet over medium heat. Add in the garlic and sauté for 2-3 minutes. Then add in the shrimp, salt, pepper, and a pinch of red pepper flakes. Cook for 5 minutes, until the shrimp is cooked through. Remove from heat and add in desired amount of cooked spaghetti squash. Toss with lemon juice and zest. Top with parsley to serve.

# Nutrition Label

<b>Low Carb Shrimp Scampi</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>317</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18.3g	<b>28%</b>
Saturated Fat 5.6g	<b>28%</b>
Trans Fat 0.2g	
<b>Cholesterol</b> 158.2mg	<b>53%</b>
<b>Sodium</b> 310.8mg	<b>13%</b>
<b>Total Carbohydrates</b> 23.9g	<b>8%</b>
Dietary Fiber 5.1g	<b>21%</b>
Total Sugar 8.2g	
<b>Protein</b> 18g	
<b>Vitamin D</b> 6.5IU	<b>1%</b>
<b>Calcium</b> 166.3mg	<b>17%</b>
<b>Iron</b> 2.4mg	<b>13%</b>
<b>Potassium</b> 554.7mg	

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2 Servings

# salmon & avocado, keto egg wrap

## Ingredients

egg	3 large
black pepper	2 dash
chives	2 tsp
cream cheese	2 Tbsp
unsalted butter	1 Tbsp
avocado	1/2 avocado
fish salmon chinook smoked	2 oz (56 grams)
green onion	1 tbsp

## Nutrition Totals

**Calories** 674 / **Carbs** 13 g / **Protein** 32 g / **Fat** 56 g / **Fluid** 275 g

## Instructions

1. Crack the eggs into a mixing bowl and whisk. Add in black pepper.
2. Slice chives and place in a small bowl, along with cream cheese.
3. Melt butter in a medium sized omelette pan. Pour in whisked eggs.
4. Cook omelette until soft, yet cooked through.
5. Slide the omelette onto a plate and top with cream cheese/chive mixture.
6. Slice avocado, salmon and green onions and place on top of cream cheese mixture.
7. Fold the omelette into a wrap.

# Nutrition Label

<b>Salmon &amp; Avocado, Keto Egg Wrap</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>337</b>
		<b>% Daily Value*</b>
<b>Total Fat</b> 27.8g		<b>43%</b>
Saturated Fat 9.9g		<b>50%</b>
Trans Fat 0.8g		
<b>Cholesterol</b> 286.3mg		<b>95%</b>
<b>Sodium</b> 364.5mg		<b>15%</b>
<b>Total Carbohydrates</b> 6.4g		<b>2%</b>
Dietary Fiber 3.4g		<b>14%</b>
Total Sugar 2g		
<b>Protein</b> 16g		
<b>Vitamin D</b> 266.8IU		<b>44%</b>
<b>Calcium</b> 84.5mg		<b>8%</b>
<b>Iron</b> 1.8mg		<b>10%</b>
<b>Potassium</b> 442.1mg		

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4 Servings

# korean bbq keto bowl

## Ingredients

sriracha, hot chili sauce	2 Tbsp
ginger, ground	1/2 Tbsp
garlic	1 clove
coconut oil	2 Tbsp
skirt steak, lean	16 oz (448 grams)
fresh cilantro leaves	1 Tbsp

## Nutrition Totals

**Calories** 1080 / **Carbs** 18 g / **Protein** 102 g / **Fat** 65 g / **Fluid** 323 g

## Instructions

1. Mix sriracha, ginger and garlic for the marinade in a gallon sized sealable bag.
2. Place the sliced steak in the bag with the marinade and make sure the steak is well-coated.
3. Marinade for a minimum of 1 hour; recommended to marinade overnight.
4. Heat 1 Tbsp of coconut oil in a large nonstick skillet. Add cauliflower. Cook cauliflower until tender.
5. Heat remaining oil in a large cast iron skillet or grill pan on high heat until very hot.
6. Cut steak into strips. Add steak to hot oil and grill steak in batches, cooking until desired doneness.
7. Place steak over prepared cauliflower; garnish with minced fresh cilantro and serve.

# Nutrition Label

<b>Korean Bbq Keto Bowl</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 16.1g	<b>25%</b>
Saturated Fat 9.4g	<b>47%</b>
Trans Fat 0g	
<b>Cholesterol</b> 64.6mg	<b>22%</b>
<b>Sodium</b> 226.3mg	<b>9%</b>
<b>Total Carbohydrates</b> 4.4g	<b>1%</b>
Dietary Fiber 0.1g	<b>0%</b>
Total Sugar 1.5g	
<b>Protein</b> 25.5g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 11.2mg	<b>1%</b>
<b>Iron</b> 2.6mg	<b>15%</b>
<b>Potassium</b> 430.6mg	

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1 Servings

# keto chocolate smoothie

## Ingredients

vanilla almond milk, unsweetend	3/4 Cup(s) (180 ml)
heavy whipping cream by lucerne	1 1/2 Cup(s) (360 ml)
proteins plus natural chocolate by genuine health	1 serving
heavy whipping cream by lucerne	1/4 Cup(s) (60 ml)
hemp hearts raw shelled hemp seeds by manitoba harvest	1 Tbsp
psyllium husk powder dietary supplement by now	1 Tbsp
100% natural peanut butter creamy by adams	1 Tbsp

## Nutrition Totals

**Calories** 1927 / **Carbs** 48 g / **Protein** 43 g / **Fat** 169 g / **Fluid** 0 g

## Instructions

Add 1/2 cup ice and blend all together. Enjoy!

# Nutrition Label

<b>Keto Chocolate Smoothie</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>1927</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 169g	<b>260%</b>
Saturated Fat 100.6g	<b>503%</b>
Trans Fat 0g	
<b>Cholesterol</b> 552mg	<b>184%</b>
<b>Sodium</b> 378mg	<b>16%</b>
<b>Total Carbohydrates</b> 47.9g	<b>16%</b>
Dietary Fiber 12.4g	<b>50%</b>
Total Sugar 1.9g	
<b>Protein</b> 42.7g	
<b>Vitamin D</b> 75IU	<b>13%</b>
<b>Calcium</b> 384.5mg	<b>38%</b>
<b>Iron</b> 4.7mg	<b>26%</b>
<b>Potassium</b> 127.5mg	

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1 Servings

# chicken caesar salad

## Ingredients

chicken breast (cooked)	3 oz (84 grams)
romaine lettuce	2 Cup(s) (480 ml)
grated parmesan cheese	4 Tbsp
dressing low fat caesar by compliments	2 Tbsp

## Nutrition Totals

**Calories** 333 / **Carbs** 8 g / **Protein** 35 g / **Fat** 16 g / **Fluid** 149 g

## Instructions

# Nutrition Label

<b>Chicken Caesar Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>333</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 5.3g	<b>27%</b>
Trans Fat 0g	
<b>Cholesterol</b> 99.8mg	<b>33%</b>
<b>Sodium</b> 776.2mg	<b>32%</b>
<b>Total Carbohydrates</b> 7.9g	<b>3%</b>
Dietary Fiber 1.9g	<b>8%</b>
Total Sugar 3.2g	
<b>Protein</b> 35.4g	
<b>Vitamin D</b> 8.4IU	<b>1%</b>
<b>Calcium</b> 265.5mg	<b>27%</b>
<b>Iron</b> 1.9mg	<b>11%</b>
<b>Potassium</b> 474.9mg	

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4 Servings

# mediterranean chicken salad with avocado

## Ingredients

boneless skinless chicken breast (uncooked)	16 oz (448 grams)
olive oil	2 Tbsp
lemon juice	1 1/2 fl oz (44 ml)
garlic	1 clove
avocado	1 avocado

## Nutrition Totals

**Calories** 1065 / **Carbs** 21 g / **Protein** 97 g / **Fat** 70 g / **Fluid** 534 g

## Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.

# Nutrition Label

<b>Mediterranean Chicken Salad With Avocado</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>266</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	17.5g	<b>27%</b>
Saturated Fat	2.6g	<b>13%</b>
Trans Fat	0g	
<b>Cholesterol</b>	72.5mg	<b>24%</b>
<b>Sodium</b>	200mg	<b>8%</b>
<b>Total Carbohydrates</b>	5.3g	<b>2%</b>
Dietary Fiber	3.4g	<b>14%</b>
Total Sugar	0.6g	
<b>Protein</b>	24.1g	
<b>Vitamin D</b>	2.2IU	<b>0%</b>
<b>Calcium</b>	13.8mg	<b>1%</b>
<b>Iron</b>	0.7mg	<b>4%</b>
<b>Potassium</b>	635mg	

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1 Servings



# grilled chicken summer salad

## Ingredients

chicken breast (cooked)	3 oz (84 grams)
chicken breast (cooked)	3 oz (84 grams)
spinach	2 Cup(s) (480 ml)
avocado, california	1/4 fruit
produce fruits cherry tomatoes by kroger	2 oz (56 grams)
feta cheese	1 oz (28 grams)
balsamic vinegar	2 Tbsp

## Nutrition Totals

**Calories** 469 / **Carbs** 14 g / **Protein** 60 g / **Fat** 18 g / **Fluid** 231 g

## Instructions

# Nutrition Label

<b>Grilled Chicken Summer Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>469</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17.8g	<b>27%</b>
Saturated Fat 6.7g	<b>34%</b>
Trans Fat 0g	
<b>Cholesterol</b> 169.8mg	<b>57%</b>
<b>Sodium</b> 445.2mg	<b>19%</b>
<b>Total Carbohydrates</b> 14.4g	<b>5%</b>
Dietary Fiber 4g	<b>16%</b>
Total Sugar 7.8g	
<b>Protein</b> 59.7g	
<b>Vitamin D</b> 13IU	<b>2%</b>
<b>Calcium</b> 245.4mg	<b>25%</b>
<b>Iron</b> 4.1mg	<b>23%</b>
<b>Potassium</b> 999mg	

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2 Servings

# almond chicken salad

## Ingredients

green onions, tops only	1/4 Cup(s) (60 ml)
carrots	1/2 large
red pepper	1/3 Cup(s) (80 ml)
chicken breast (cooked)	6 oz (168 grams)
sugar snap peas	1 Cup(s) (240 ml)
slivered almonds	2 oz (56 grams)
white wine vinegar	1 Tbsp
sesame oil	1 Tbsp
mustard powder	1 1/2 tsp

## Nutrition Totals

**Calories** 769 / **Carbs** 34 g / **Protein** 69 g / **Fat** 38 g / **Fluid** 211 g

## Instructions

1. Slice green onions, shred carrots, thinly slice red peppers, and shred chicken. Place in a large bowl.
2. Add in peas and almonds.
3. In a small bowl, whisk together vinegar, sesame oil, and dry mustard until smooth.
4. Drizzle over salad and gently toss.

# Nutrition Label

<b>Almond Chicken Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>385</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 2.6g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 72.2mg	<b>24%</b>
<b>Sodium</b> 78.1mg	<b>3%</b>
<b>Total Carbohydrates</b> 17g	<b>6%</b>
Dietary Fiber 3.5g	<b>14%</b>
Total Sugar 3.6g	
<b>Protein</b> 34.3g	
<b>Vitamin D</b> 4.2IU	<b>1%</b>
<b>Calcium</b> 111.7mg	<b>11%</b>
<b>Iron</b> 2.6mg	<b>15%</b>
<b>Potassium</b> 346.8mg	

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2 Servings

# italian tuna salad

## Ingredients

chunk light tuna by 365	4 serving
100% italian cold pressed extra virgin olive oil by 365	1 Tbsp
onions sweet raw	1/2 serving
fire roasted red peppers by 365	1 pepper
marinated artichokes by trader joe's	1/2 Cup(s) (120 ml)

## Nutrition Totals

**Calories** 576 / **Carbs** 16 g / **Protein** 64 g / **Fat** 27 g / **Fluid** 77 g

## Instructions

Drain the tuna cans.  
Finely chop all vegetables and herbs.  
Toss together with the EVOO and add ground pepper to taste.

Serve in romaine leaves, cabbage leaves or on a bed of spinach.

# Nutrition Label

Italian Tuna Salad	
Amount Per Serving	
<b>Calories</b>	<b>288</b>
% Daily Value*	
<b>Total Fat</b> 13.7g	<b>21%</b>
Saturated Fat 1.7g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 581.1mg	<b>24%</b>
<b>Total Carbohydrates</b> 8.1g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugar 3.6g	
<b>Protein</b> 31.9g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 30.2mg	<b>3%</b>
<b>Iron</b> 1.8mg	<b>10%</b>
<b>Potassium</b> 395.4mg	

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1 Servings

# tuna salad

## Ingredients

tuna fish, no salt, canned	5 oz (140 grams)
avocado oil mayonnaise	2 Tbsp

## Nutrition Totals

**Calories** 381 / **Carbs** 0 g / **Protein** 33 g / **Fat** 28 g / **Fluid** 105 g

## Instructions

# Nutrition Label

Tuna Salad	
Amount Per Serving	
<b>Calories</b>	<b>381</b>
% Daily Value*	
<b>Total Fat</b> 28.2g	<b>43%</b>
Saturated Fat 4.1g	<b>21%</b>
Trans Fat 0g	
<b>Cholesterol</b> 99.5mg	<b>33%</b>
<b>Sodium</b> 300.8mg	<b>13%</b>
<b>Total Carbohydrates</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugar 0g	
<b>Protein</b> 33.4g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 19.8mg	<b>2%</b>
<b>Iron</b> 1.3mg	<b>8%</b>
<b>Potassium</b> 335.9mg	

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1 Servings

# spicy turkey taco salad

## Ingredients

ground turkey (organic)	1/2 pound(s)
lime	1/2 whole
garlic	4 clove(s)
white onion	1/4 whole
roma tomato	1 whole
romaine lettuce	1/2 head
olive oil (extra virgin)	1 1/2 tablespoon(s)
cumin (ground)	1 teaspoon(s)
sea salt	1/2 teaspoon(s)

## Nutrition Totals

**Calories** 637 / **Carbs** 19 g / **Protein** 46 g / **Fat** 40 g / **Fluid** 0 g

## Instructions

Note: Always rinse fresh vegetables under cold water and dry before preparing.

1. Chop the lettuce, tomato, and cilantro. Finely dice the onion and mince the garlic, and slice the lime into wedges.
2. Heat a large pan on medium heat and add 1/2 tablespoon olive oil when hot.
3. Add the onion to the pan and cook until soft, about 2 minutes.
4. Add the garlic to the pan and cook until slightly browned, about 2 minutes.
5. Add the ground turkey and 1 tablespoon olive oil to the pan and break up with a fork or spatula while cooking.
6. Cook until no longer pink and well mixed with the onion and garlic, about 7 minutes.
7. Add 1 teaspoon chili powder, 1 teaspoon cumin, 1/2 teaspoon salt, 1/2 teaspoon pepper, and mix well.
8. When well combined, remove the pan from heat and set aside.
9. Arrange the romaine lettuce on a large plate.
10. Spread the turkey mixture over the lettuce.
11. Sprinkle the cilantro and tomato over the turkey and lettuce.
12. Squeeze the lime juice over the salad and serve.

# Nutrition Label

<b>Spicy Turkey Taco Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>637</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 40.3g	<b>62%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 180mg	<b>60%</b>
<b>Sodium</b> 1160.5mg	<b>48%</b>
<b>Total Carbohydrates</b> 19.1g	<b>6%</b>
Dietary Fiber 3.3g	<b>13%</b>
Total Sugar 4.2g	
<b>Protein</b> 45.9g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 0mg	<b>0%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 0mg	

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4 Servings

# deviled egg salad

## Ingredients

egg (hard boiled)	8 large
greek style non fat yogurt by fage	1 Cup(s) (240 ml)
dijon mustard	2 Tbsp
organic apple cider vinegar by bragg	15 mL
paprika	1 tsp
spices dill weed dried	1 tsp
syrops maple	3 tsp

## Nutrition Totals

**Calories** 841 / **Carbs** 29 g / **Protein** 74 g / **Fat** 43 g / **Fluid** 305 g

## Instructions

Chop Hard Boiled eggs and stir in all other ingredients. Salt & pepper to taste.

# Nutrition Label

<b>Deviled Egg Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.6g	<b>16%</b>
Saturated Fat 3.2g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol</b> 373mg	<b>124%</b>
<b>Sodium</b> 326.9mg	<b>14%</b>
<b>Total Carbohydrates</b> 7.1g	<b>2%</b>
Dietary Fiber 0.2g	<b>1%</b>
Total Sugar 6.8g	
<b>Protein</b> 18.4g	
<b>Vitamin D</b> 87IU	<b>15%</b>
<b>Calcium</b> 123.3mg	<b>12%</b>
<b>Iron</b> 1.4mg	<b>8%</b>
<b>Potassium</b> 159.7mg	

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# Shopping List

## Accompaniments

dijon mustard	0.5 Tbsp
sea salt	0.5 teaspoon(s)
sriracha, hot chili sauce	0.5 Tbsp
white wine vinegar	0.5 Tbsp

## Beef

skirt steak, lean	4 oz (112 grams)
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## Dairy & Egg

cream cheese	1 Tbsp
egg	3.5 large
feta cheese	1 oz (28 grams)
grated parmesan cheese	4 Tbsp
unsalted butter	1 Tbsp

## Fats & Oils

coconut oil	0.5 Tbsp
extra virgin olive oil	0.75 Tbsp
olive oil	0.5 Tbsp
	1.5 tablespoon(s)
sesame oil	0.5 Tbsp

## Finfish & Shellfish

shrimp	4 oz (112 grams)
tuna fish, no salt, canned	5 oz (140 grams)

## Fruits & Juices

avocado	0.5 avocado
avocado, california	0.2 fruit
lemon juice	0.25 1 fruit
	0.38 fl oz (11 ml)
lime	0.5 whole
roma tomato	1 whole

## Ingredients

balsamic vinegar	2 Tbsp
mustard powder	0.75 tsp

## Nuts & Seeds

slivered almonds	1 oz (28 grams)
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## Poultry

boneless skinless chicken breast (uncooked)	4 oz (112 grams)
chicken breast	12 oz (336 grams)
ground turkey	0.5 pound(s)

## Spices & Herbs

basil, dried	0.5 tsp
black pepper	1 dash
crushed red pepper flakes	0.13 tsp
cumin	1 teaspoon(s)
ginger, ground	0.13 Tbsp
oregano, dried	0.5 tsp
paprika	0.25 tsp
parsley	1.5 sprigs

## Uncategorized

100% italian cold pressed extra virgin olive oil by 365	0.5 Tbsp
100% natural peanut butter creamy by adams	1 Tbsp
avocado oil mayonnaise	2 Tbsp
chunk light tuna by 365	2 serving
dressing low fat caesar by compliments	2 Tbsp
fire roasted red peppers by 365	0.5 pepper
fish salmon chinook smoked	1 oz (28 grams)
greek style non fat yogurt by fage	0.25 Cup(s) (60 ml)
heavy whipping cream by lucerne	1.75 Cup(s) (420 ml)
hemp hearts raw shelled hemp seeds by manitoba harvest	1 Tbsp
marinated artichokes by trader joe's	0.25 Cup(s) (60 ml)
onions sweet raw	0.25 serving
organic apple cider vinegar by bragg	3.75 mL
produce fruits cherry tomatoes by kroger	2 oz (56 grams)
proteins plus natural chocolate by genuine health	1 serving
psyllium husk powder dietary supplement by now	1 Tbsp
spices dill weed dried	0.25 tsp

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<b>sugar snap peas</b>	<b>0.5 Cup(s) (120 ml)</b>
<b>syrups maple</b>	<b>0.75 tsp</b>
<b>vanilla almond milk, unsweetend</b>	<b>0.75 Cup(s) (180 ml)</b>









## Vegetables

<b>carrots</b>	<b>0.25 large</b>
<b>chives</b>	<b>1 tsp</b>
<b>fresh cilantro leaves</b>	<b>0.25 Tbsp</b>
<b>garlic</b>	<b>1 cloves</b> <b>0.5 clove</b> <b>4 clove(s)</b>
<b>green onion</b>	<b>0.5 tbsp</b>
<b>green onions, tops only</b>	<b>0.13 Cup(s) (31 ml)</b>
<b>red pepper</b>	<b>0.17 Cup(s) (40 ml)</b>
<b>romaine lettuce</b>	<b>2 Cup(s) (480 ml)</b> <b>0.5 head</b>
<b>spaghetti squash</b>	<b>2 Cup(s) (480 ml)</b>
<b>spinach</b>	<b>2 Cup(s) (480 ml)</b>
<b>white onion</b>	<b>0.25 whole</b>







# Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

## Basic Guidelines

				
<b>Golf Ball</b> 1/4 cup / 1 oz / 2 tbsp	<b>Tennis Ball</b> 1 cup	<b>Computer Mouse</b> 1/2 cup	<b>Baseball</b> 1 cup	<b>Rounded Handful</b> 1/2 cup 1 oz dried goods
				
<b>Hockey Puck</b> 3 oz muffin or biscuit	<b>Matchbox</b> 1 oz serving of meat	<b>Deck of Cards</b> 3 oz of chicken, meat, or fish	<b>This Paperback Book</b> 8 oz serving of meat	<b>Thumb</b> 1 tsp
				
<b>Poker Chip</b> 1 tbsp	<b>Shot Glass</b> 1 oz / 2 tbsp	<b>CD</b> 1 slice of bread 1 oz lunch meat	<b>3 Dice</b> 1 1/2 oz cheese	<b>Kids' Milk Carton</b> 8 oz drink

## Useful Examples

		
<b>Bread &amp; Grains</b> 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	<b>Fruits &amp; Vegetables</b> 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	<b>Meats, Fish &amp; Nuts</b> 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
		
<b>Dairy &amp; Cheese</b> 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	<b>Fats &amp; Oils</b> 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	<b>Sweets &amp; Treats</b> 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox