

# High Protein - Meal Ideas V1

## DAY 1

### Dinner

	chopped kale salad with chicken	1 serving	330 cal
	chicken & quinoa with vegetables	1 serving	321 cal
	ground turkey tacos	1 serving	208 cal
	italian tuna salad	1 serving	288 cal
	beef stir fry (women)	1 serving	408 cal
	chicken vegetable soup	1 serving	349 cal
	chicken pesto spaghetti squash bake	1 serving	401 cal
	strawberry spinach salad with turkey breast	1 serving	333 cal
	salmon avocado salad	1 serving	330 cal
	chilli jacket potato	1 serving	403 cal

**MEAL TOTAL: Calories** 3,371 cal / **Carbs** 194 g (23%) / **Protein** 320 g (38%) / **Fat** 148 g (39%) / **Fluid** 1330 g

#### NOTES:

**DAY 1 TOTAL: Calories** 3,371 cal / **Carbs** 194 g (23%) / **Protein** 320 g (38%) / **Fat** 148 g (39%) / **Fluid** 1330 g



4 Servings

# chopped kale salad with chicken

## Ingredients

olive oil	3 Tbsp
lemon juice	1 1/2 Tbsp
lemon peel	2 tsp
black pepper	1/4 tsp
kale	6 Cup(s) (1440 ml)
boneless chicken (cooked)	16 oz (448 grams)

## Nutrition Totals

**Calories** 1321 / **Carbs** 38 g / **Protein** 131 g / **Fat** 74 g / **Fluid** 668 g

## Instructions

1. Combine olive oil, lemon juice, lemon peel/zest, and pepper in small bowl.
2. Pour dressing over chopped kale and toss.
3. Divide kale into 4 bowls and top each bowl with 4 oz of roasted chicken breast.

# Nutrition Label

Chopped Kale Salad With Chicken		
Amount Per Serving		
<b>Calories</b>		<b>330</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	18.6g	<b>29%</b>
Saturated Fat	3.5g	<b>18%</b>
Trans Fat	0g	
<b>Cholesterol</b>	85mg	<b>28%</b>
<b>Sodium</b>	123.5mg	<b>5%</b>
<b>Total Carbohydrates</b>	9.4g	<b>3%</b>
Dietary Fiber	3.7g	<b>15%</b>
Total Sugar	2.4g	
<b>Protein</b>	32.7g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	166.7mg	<b>17%</b>
<b>Iron</b>	2.9mg	<b>16%</b>
<b>Potassium</b>	762.5mg	

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2 Servings

# chicken & quinoa with vegetables

## Ingredients

quinoa	1/2 Cup(s) (120 ml)
chicken broth soup, low-sodium	1 Cup(s) (240 ml)
mixed vegetables (boiled)	1/2 Cup(s) (120 ml)
extra virgin olive oil	1 Tbsp
skinless chicken breast (uncooked)	4 oz (112 grams)
lime juice	2 1 wedge
basil	1/4 Cup(s) (60 ml)

## Nutrition Totals

**Calories** 642 / **Carbs** 64 g / **Protein** 44 g / **Fat** 24 g / **Fluid** 382 g

## Instructions

1. Add quinoa and chicken broth to a medium saucepan and bring to a boil.
2. Reduce heat to a simmer and cover the pan. Simmer until the broth is absorbed, the quinoa is fluffy, and the white line is visible in the grain, about 12 minutes.
3. In a separate saucepan, heat olive oil over medium heat. Add in sliced chicken breast pieces and cook until juices run clear and chicken is fully cooked (165 degrees F).
4. Remove the chicken meat and set aside.
5. Cook the mixed vegetables in the sauce pan until tender, 5 to 8 minutes.
6. Return chicken to saucepan and sprinkle with lime juice and fresh basil leaves.
7. Serve over hot quinoa.

# Nutrition Label

Chicken & Quinoa With Vegetables		
Amount Per Serving		
<b>Calories</b>		<b>321</b>
% Daily Value*		
<b>Total Fat</b>	11.8g	<b>18%</b>
Saturated Fat	1.8g	<b>9%</b>
Trans Fat	0g	
<b>Cholesterol</b>	41.3mg	<b>14%</b>
<b>Sodium</b>	71.9mg	<b>3%</b>
<b>Total Carbohydrates</b>	32.2g	<b>11%</b>
Dietary Fiber	4g	<b>16%</b>
Total Sugar	0.9g	
<b>Protein</b>	21.9g	
<b>Vitamin D</b>	0.5IU	<b>0%</b>
<b>Calcium</b>	43.3mg	<b>4%</b>
<b>Iron</b>	2.7mg	<b>15%</b>
<b>Potassium</b>	591.7mg	

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8 Servings

# ground turkey tacos

## Ingredients

original diced tomatoes & green chilies by rotel	1 Cup(s) (240 ml)
salsa	1 Cup(s) (240 ml)
black beans (boiled)	1 Cup(s) (240 ml)
taco seasoning, low-sodium	1 package
fit & active lean ground turkey by aldi	16 oz (448 grams)
taco shells baked	8 medium (approx 5" dia)

## Nutrition Totals

**Calories** 1664 / **Carbs** 168 g / **Protein** 120 g / **Fat** 58 g / **Fluid** 351 g

## Instructions

Brown Ground Turkey

Add Taco Seasoning according to package instructions

Add 1/2 small jar of chunky salsa, 1 can black beans and 1 can diced tomatoes to mixture.

Serve on soft tortilla shells

# Nutrition Label

<b>Ground Turkey Tacos</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>208</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.2g	<b>11%</b>
Saturated Fat 2.1g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40.4mg	<b>13%</b>
<b>Sodium</b> 397mg	<b>17%</b>
<b>Total Carbohydrates</b> 21g	<b>7%</b>
Dietary Fiber 3.6g	<b>15%</b>
Total Sugar 2.2g	
<b>Protein</b> 15g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 53.4mg	<b>5%</b>
<b>Iron</b> 1.6mg	<b>9%</b>
<b>Potassium</b> 254.5mg	

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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

# beef stir fry (women)

## Ingredients

lean beef top sirloin (broiled)	3 oz (84 grams)
red pepper	1 small
steamfresh fresh frozen vegetables premium select broccoli florets by birds eye	50 gm
baby spinach by organic girl	1 Cup(s) (240 ml)
fresh food beansprouts by tesco	30 gram
rice noodles (cooked)	80 gm
rich & warming black bean stir fry sauce by waitrose	1/4 pack
virgin coconut oil	1 tsp

## Nutrition Totals

**Calories** 408 / **Carbs** 34 g / **Protein** 31 g / **Fat** 15 g / **Fluid** 179 g

## Instructions

1. Cut any fat off of the steak and slice into thin strips.
2. De seed and chop the pepper and if you are using a head of broccoli rather than florets, cut off the broccoli florets.
3. Heat the coconut oil in a pan, add the pepper and stir fry for 1 minute. Add the beef and stir fry until brown.
4. Add the broccoli and stir fry sauce and continue to cook for 5 minutes.
5. Whilst the beef cooks prepare the rice noodles as per the instructions on the packet.

# Nutrition Label

<b>Beef Stir Fry (Women)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>408</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14.8g	<b>23%</b>
Saturated Fat 7.4g	<b>37%</b>
Trans Fat 0g	
<b>Cholesterol</b> 73.9mg	<b>25%</b>
<b>Sodium</b> 381.8mg	<b>16%</b>
<b>Total Carbohydrates</b> 34.2g	<b>11%</b>
Dietary Fiber 5.9g	<b>24%</b>
Total Sugar 7.8g	
<b>Protein</b> 30.8g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 93.8mg	<b>9%</b>
<b>Iron</b> 3.7mg	<b>21%</b>
<b>Potassium</b> 796.7mg	

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2 Servings

# chicken vegetable soup

## Ingredients

coconut oil	1 Tbsp
onion	1 medium
zucchini/summer squash	2 medium
carrots	1 medium
black pepper	1/2 tsp
oregano, dried	1/2 tsp
boneless chicken (cooked)	8 oz (224 grams)
vegetable stock, no salt added	3 Cup(s) (720 ml)

## Nutrition Totals

**Calories** 697 / **Carbs** 44 g / **Protein** 64 g / **Fat** 30 g / **Fluid** 677 g

## Instructions

1. In a large saucepan, heat coconut oil over medium heat.
2. Dice onions, zucchini and carrots and add to hot oil. Cook until tender.
3. Season with pepper and oregano. Add salt to taste.
4. Add cooked chicken and vegetable stock.
5. Simmer over low heat for 15 minutes, stirring occasionally.
6. Garnish with fresh parsley.

# Nutrition Label

<b>Chicken Vegetable Soup</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>349</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 15.2g	<b>23%</b>
Saturated Fat 8.1g	<b>41%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 169.1mg	<b>7%</b>
<b>Total Carbohydrates</b> 22g	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Total Sugar 15.4g	
<b>Protein</b> 31.8g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 77.1mg	<b>8%</b>
<b>Iron</b> 2.5mg	<b>14%</b>
<b>Potassium</b> 19164.2mg	

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3 Servings



# chicken pesto spaghetti squash bake

## Ingredients

oven baked whole spaghetti squash	1 squash
boneless skinless chicken breast	24 oz (672 grams)
coconut oil	2 Tbsp

## Nutrition Totals

**Calories** 1202 / **Carbs** 60 g / **Protein** 158 g / **Fat** 39 g / **Fluid** 0 g

## Instructions

### INGREDIENTS

1 med/med-large spaghetti squash  
3/4-1 cup pesto (see pesto recipe or use favorite store-bought pesto with minimal additives)  
1.5 lbs boneless skinless chicken breasts thin sliced or pounded to 1/2" thickness  
2 Tbsp coconut oil or other cooking fat, to sauté the chicken  
Sea salt pepper, and onion powder to season chicken

### INSTRUCTIONS

1. First, roast the squash (you can do this step a day ahead of time, or during your meal prep and simply store the cooked squash in the fridge until ready to use.
2. Preheat your oven to 425 degrees F and line a large baking sheet with foil or parchment. Cut the squash in half, lengthwise using a large sharp knife. Scoop out (I use a large spoon) the seeds and strings, then place face-down on a foil lined baking sheet.
3. Roast in the 425 oven for about 20 minutes or until the squash can be pushed from the outside a bit with your finger. Do not over cook or it will be mushy! Once you remove the squash, lower the oven to 400 degrees.
4. Allow the squash to cool enough to handle, and, using a fork going lengthwise down the squash, remove spaghetti strings from both sides of the squash and place in a large bowl. To "drain" the squash, squeeze once or twice between paper towels to absorb excess moisture, as you would with frozen spinach, for example. This step is important to get the texture of the dish right, no mushy, watery spaghetti squash!
5. While the squash rests, cook the chicken. Heat a large skillet over med/med-hi heat and add your cooking fat. Sprinkle the chicken lightly with salt, pepper, and onion powder on both sides, then add to the pan and cook 2-3 minutes on each side, or until no longer pink in the center. Remove from pan to a plate, and allow to cool a bit. Once cool enough to handle, slice or chop into bite size pieces.
6. In a casserole dish, gently toss the spaghetti with the chicken and pesto to fully coat, (about 1 cup).
7. Put the casserole dish in the oven for about 10 minutes, or enough time to fully heat through and blend everything. Remove and serve!

# Nutrition Label

Chicken Pesto Spaghetti Squash Bake		
Amount Per Serving		
<b>Calories</b>		<b>401</b>
% Daily Value*		
<b>Total Fat</b>	13g	<b>20%</b>
Saturated Fat	8.7g	<b>44%</b>
Trans Fat	0g	
<b>Cholesterol</b>	151.8mg	<b>51%</b>
<b>Sodium</b>	141.7mg	<b>6%</b>
<b>Total Carbohydrates</b>	20g	<b>7%</b>
Dietary Fiber	0g	<b>0%</b>
Total Sugar	0g	
<b>Protein</b>	52.6g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	0mg	<b>0%</b>
<b>Iron</b>	2.9mg	<b>16%</b>
<b>Potassium</b>	0mg	

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1 Servings



# strawberry spinach salad with turkey breast

## Ingredients

olive oil	1/2 Tbsp
white wine vinegar	2 Tbsp
sesame seeds	2 tsp
poppy seed	1 tsp
spinach	2 Cup(s) (480 ml)
strawberries	1/3 Cup(s) (80 ml)
turkey breast (cooked)	5 oz (140 grams)

## Nutrition Totals

**Calories** 333 / **Carbs** 9 g / **Protein** 45 g / **Fat** 14 g / **Fluid** 201 g

## Instructions

1. In a small bowl, whisk together oil, vinegar, sesame seeds, and poppy seeds.
2. In a medium bowl, toss spinach and strawberries with dressing.
3. Slice turkey breast and add to salad.
4. Refrigerate 10 to 15 minutes before serving.



# Nutrition Label

<b>Strawberry Spinach Salad With Turkey Breast</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>333</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	14g	<b>22%</b>
Saturated Fat	2.7g	<b>14%</b>
Trans Fat	0g	
<b>Cholesterol</b>	99.2mg	<b>33%</b>
<b>Sodium</b>	211mg	<b>9%</b>
<b>Total Carbohydrates</b>	8.7g	<b>3%</b>
Dietary Fiber	3.6g	<b>15%</b>
Total Sugar	3g	
<b>Protein</b>	45.4g	
<b>Vitamin D</b>	14.1IU	<b>2%</b>
<b>Calcium</b>	186.8mg	<b>19%</b>
<b>Iron</b>	4.4mg	<b>25%</b>
<b>Potassium</b>	888.7mg	

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1 Servings

# salmon avocado salad

## Ingredients

fish salmon coho wild raw	4 oz (112 grams)
green leaf lettuce	1 1/2 Cup(s) (360 ml)
cherry tomatoes	6 tomatoes
avocado	1/4 avocado
extra virgin olive oil	1/2 Tbsp
white wine vinegar	1 Tbsp
coriander/ cilantro/ chinese parsley	2 tsp

## Nutrition Totals

**Calories** 330 / **Carbs** 9 g / **Protein** 27 g / **Fat** 21 g / **Fluid** 171 g

## Instructions

1. Preheat the oven broiler.
2. Place salmon on a broiler pan. Season with salt and pepper to taste.
3. Broil for 10-15 minutes (time varies depending on size/thickness), or until fish flakes easily with a fork.
4. Tear lettuce into bite-sized pieces, cut cherry tomatoes in half, and dice avocado. Place in a large bowl.
5. Drizzle olive oil and vinegar over salad and gently toss.
6. Sprinkle with cilantro leaves and top with cooked salmon.

# Nutrition Label

<b>Salmon Avocado Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21.4g	<b>33%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 51mg	<b>17%</b>
<b>Sodium</b> 73.3mg	<b>3%</b>
<b>Total Carbohydrates</b> 9.3g	<b>3%</b>
Dietary Fiber 4.8g	<b>19%</b>
Total Sugar 2.9g	
<b>Protein</b> 27.1g	
<b>Vitamin D</b> 409.3IU	<b>68%</b>
<b>Calcium</b> 81.2mg	<b>8%</b>
<b>Iron</b> 1.8mg	<b>10%</b>
<b>Potassium</b> 881.6mg	

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1 Servings

# chilli jacket potato

## Ingredients

jacket potatoes by tesco	100 gram
fresh food tesco red onions by tesco	10 gram
extra lean aberdeen angus beef mince by waitrose	5 oz (140 grams)
organic passata italian tomatoes by waitrose	1/4 jar
chicken stock cubes by oxo	125 mL
soured cream by yeo valley family farm	1/2 Tbsp
olive oil	2 tsp

## Nutrition Totals

**Calories** 403 / **Carbs** 29 g / **Protein** 31 g / **Fat** 18 g / **Fluid** 0 g

## Instructions

1. Heat the oven to 200C/180C fan/gas mark 6 and prick the potatoes all over with a fork.
2. Melt the butter and rub over the potato, place on a baking sheet in the oven for 1 hour, until cooked through.
3. Whilst the potato cooks make the chilli. Add the oil to a deep frying pan and heat over medium heat. Add the onion and cook until softened. Add the mince and stir until browned, add the passata, crumble over the chicken stock and season to taste. Cover and simmer for 40 minutes, stirring occasionally.
4. Once the potato is cooked, halve it and serve with the chilli on top, add a tablespoon of sour cream on top.
5. Serve with a side salad.

# Nutrition Label

<b>Chilli Jacket Potato</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>403</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17.9g	<b>28%</b>
Saturated Fat 5.2g	<b>26%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 447mg	<b>19%</b>
<b>Total Carbohydrates</b> 28.9g	<b>10%</b>
Dietary Fiber 2.8g	<b>11%</b>
Total Sugar 7.3g	
<b>Protein</b> 30.7g	
<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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# Shopping List

## Accompaniments

salsa	0.13 Cup(s) (31 ml)
white wine vinegar	3 Tbsp

## Beef

lean beef top sirloin	3 oz (84 grams)
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## Cereal & Grain Products

quinoa	0.25 Cup(s) (60 ml)
rice noodles	80 gm

## Fats & Oils

coconut oil	1.17 Tbsp
extra virgin olive oil	1 Tbsp
olive oil	1.25 Tbsp
	2 tsp

## Fruits & Juices

avocado	0.25 avocado
lemon juice	0.38 Tbsp
lemon peel	0.5 tsp
lime juice	1 1 wedge
strawberries	0.33 Cup(s) (79 ml)

## Legumes & Beans

black beans	0.13 Cup(s) (31 ml)
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## Nuts & Seeds

sesame seeds	2 tsp
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## Poultry

boneless chicken	8 oz (224 grams)
boneless skinless chicken breast	8 oz (224 grams)
skinless chicken breast	2 oz (56 grams)
turkey breast (cooked)	5 oz (140 grams)

## Soup

chicken broth soup, low-sodium	0.5 Cup(s) (120 ml)
vegetable stock, no salt added	1.5 Cup(s) (360 ml)

## Spices & Herbs

basil	0.13 Cup(s) (31 ml)
black pepper	0.31 tsp
coriander/ cilantro/ chinese parsley	2 tsp
oregano, dried	0.25 tsp
poppy seed	1 tsp
taco seasoning, low-sodium	0.13 package

## Uncategorized

100% italian cold pressed extra virgin olive oil by 365	0.5 Tbsp
baby spinach by organic girl	1 Cup(s) (240 ml)
chicken stock cubes by oxo	125 mL
chunk light tuna by 365	2 serving
extra lean aberdeen angus beef mince by waitrose	5 oz (140 grams)
fire roasted red peppers by 365	0.5 pepper
fish salmon coho wild raw	4 oz (112 grams)
fit & active lean ground turkey by aldi	2 oz (56 grams)
fresh food beansprouts by tesco	30 gram
fresh food tesco red onions by tesco	10 gram
jacket potatoes by tesco	100 gram
marinated artichokes by trader joe's	0.25 Cup(s) (60 ml)
onions sweet raw	0.25 serving
organic passata italian tomatoes by waitrose	0.2 jar
original diced tomatoes & green chilies by rotel	0.13 Cup(s) (31 ml)
oven baked whole spaghetti squash	0.33 squash
rich & warming black bean stir fry sauce by waitrose	0.25 pack
soured cream by yeo valley family farm	0.5 Tbsp
steamfresh fresh frozen vegetables premium select broccoli florets by birds eye	50 gm
taco shells baked	1 medium (approx 5" dia)
virgin coconut oil	1 tsp

## Vegetables

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<b>carrots</b>	<b>0.5 medium</b>
<b>cherry tomatoes</b>	<b>6 tomatoes</b>
<b>green leaf lettuce</b>	<b>1.5 Cup(s) (360 ml)</b>
<b>kale</b>	<b>1.5 Cup(s) (360 ml)</b>
<b>mixed vegetables</b>	<b>0.25 Cup(s) (60 ml)</b>
<b>onion</b>	<b>0.5 medium</b>
<b>red pepper</b>	<b>1 small</b>
<b>spinach</b>	<b>2 Cup(s) (480 ml)</b>
<b>zucchini/summer squash</b>	<b>1 medium</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