

# 3000 Protein Focused - Example Meal Plan

## DAY 1

<b>Breakfast</b> 7:00 AM	egg (poached)	2 large	143 cal
	orange juice	1/2 Cup(s) (120 ml)	56 cal
	whole grain rolled oats	1 Cup(s) (240 ml)	299 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal

**MEAL TOTAL: Calories** 671 cal / **Carbs** 93 g (57%) / **Protein** 30 g (19%) / **Fat** 17 g (24%) / **Fluid** 634 g

### NOTES:

<b>Snack</b> 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	apple	1 large	110 cal
	light string cheese	2 serving	100 cal
	whey protein powder	1 1/2 Scoop	169 cal

**MEAL TOTAL: Calories** 379 cal / **Carbs** 33 g (33%) / **Protein** 52 g (53%) / **Fat** 6 g (14%) / **Fluid** 656 g

### NOTES:

<b>Lunch</b> 12:00 PM	romaine lettuce	2 leaf	2 cal
	whole wheat bread	1 slice	100 cal
	tomatoes	1/4 Cup(s) (60 ml)	8 cal
	boneless chicken (cooked)	6 oz (168 grams)	284 cal
	dijon mustard	2 tsp	10 cal
	drinking water	16 fl oz (473 ml)	0 cal
	sliced sharp cheddar cheese	2 slice	220 cal
	pretzel sticks, unsalted	2 oz (56 grams)	215 cal

**MEAL TOTAL: Calories** 840 cal / **Carbs** 68 g (33%) / **Protein** 68 g (33%) / **Fat** 32 g (34%) / **Fluid** 642 g

### NOTES:

<b>Snack</b> 3:00 PM	nut and raisin granola bar	2 bar	254 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	almonds	2/3 oz (18 grams)	108 cal

**MEAL TOTAL: Calories** 535 cal / **Carbs** 64 g (47%) / **Protein** 25 g (18%) / **Fat** 22 g (35%) / **Fluid** 453 g

### NOTES:

**Dinner**  
6:00 PM

extra virgin olive oil	1 Tbsp	120 cal
drinking water	16 fl oz (473 ml)	0 cal
quinoa (cooked)	1 Cup(s) (240 ml)	222 cal
halibut fish (cooked)	8 oz (224 grams)	252 cal
brussels sprouts (boiled)	1 1/2 Cup(s) (360 ml)	42 cal

**MEAL TOTAL: Calories** 636 cal / **Carbs** 48 g (30%) / **Protein** 62 g (39%) / **Fat** 22 g (31%) / **Fluid** 882 g

**NOTES:**

**DAY 1 TOTAL: Calories** 3,061 cal / **Carbs** 304 g (40%) / **Protein** 237 g (31%) / **Fat** 99 g (29%) / **Fluid** 3267 g

**DAY 2**

<b>Breakfast</b> 7:00 AM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	egg (white only, cooked)	6 large	103 cal
	wheat chex cereal	2 Cup(s) (480 ml)	320 cal
	italian turkey sausage, lower sodium	3 oz (84 grams)	134 cal

**MEAL TOTAL: Calories** 730 cal / **Carbs** 107 g (55%) / **Protein** 65 g (33%) / **Fat** 11 g (12%) / **Fluid** 680 g

**NOTES:**

<b>Snack</b> 10:00 AM	apple	1 large	110 cal
	drinking water	16 fl oz (473 ml)	0 cal
	almond butter	2 Tbsp	200 cal
	low carb chocolate brownie protein bar	1 bar	221 cal

**MEAL TOTAL: Calories** 531 cal / **Carbs** 38 g (32%) / **Protein** 25 g (20%) / **Fat** 26 g (48%) / **Fluid** 655 g

**NOTES:**

<b>Lunch</b> 12:00 PM	light olive oil mayonnaise	2 tsp	33 cal
	baby carrots	15 large	79 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat pita bread	2 large	340 cal
	romaine lettuce	2 leaf	2 cal
	canned tuna fish in water, very low sodium	8 oz (224 grams)	224 cal

**MEAL TOTAL: Calories** 678 cal / **Carbs** 90 g (50%) / **Protein** 65 g (37%) / **Fat** 10 g (13%) / **Fluid** 727 g

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	nut and raisin granola bar	1 bar	127 cal
	nectarine	2 fruit	120 cal
	almonds	3/4 oz (21 grams)	122 cal

**MEAL TOTAL: Calories** 368 cal / **Carbs** 51 g (51%) / **Protein** 10 g (10%) / **Fat** 17 g (39%) / **Fluid** 714 g

**NOTES:**

**Dinner**  
6:00 PM

beef t-bone (broiled)	6 oz (168 grams)	321 cal
drinking water	16 fl oz (473 ml)	0 cal
potato (with skin, baked)	1 small	128 cal
mustard greens (boiled)	2 Cup(s) (480 ml)	73 cal
unsalted butter	1/3 Tbsp	34 cal

**MEAL TOTAL: Calories** 557 cal / **Carbs** 42 g (29%) / **Protein** 55 g (39%) / **Fat** 20 g (32%) / **Fluid** 941 g

**NOTES:**

**DAY 2 TOTAL: Calories** 2,864 cal / **Carbs** 329 g (44%) / **Protein** 219 g (30%) / **Fat** 84 g (26%) / **Fluid** 3717 g

**DAY 3**

<b>Breakfast</b> 7:00 AM	nectarine	2 fruit	120 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	almond butter	2 1/2 Tbsp	250 cal
	egg (white only, cooked)	6 large	103 cal

**MEAL TOTAL: Calories** 646 cal / **Carbs** 62 g (39%) / **Protein** 49 g (30%) / **Fat** 22 g (31%) / **Fluid** 860 g

**NOTES:**

<b>Snack</b> 10:00 AM	nut and raisin granola bar	1 bar	127 cal
	apple	1 large	110 cal
	drinking water	16 fl oz (473 ml)	0 cal
	almonds	1 oz (28 grams)	162 cal

**MEAL TOTAL: Calories** 399 cal / **Carbs** 53 g (50%) / **Protein** 9 g (8%) / **Fat** 20 g (42%) / **Fluid** 657 g

**NOTES:**

<b>Lunch</b> 12:00 PM	beef t-bone (broiled)	8 oz (224 grams)	429 cal
	tomatoes	1/2 Cup(s) (120 ml)	16 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	balsamic vinegar	2 Tbsp	28 cal
	whole wheat dinner roll	2 roll	149 cal
	iced green tea	16 fl oz (473 ml)	0 cal
	brown rice (cooked)	1/2 Cup(s) (120 ml)	108 cal

**MEAL TOTAL: Calories** 746 cal / **Carbs** 63 g (34%) / **Protein** 68 g (37%) / **Fat** 24 g (29%) / **Fluid** 904 g

**NOTES:**

<b>Snack</b> 3:00 PM	baby carrots	15 large	79 cal
	drinking water	16 fl oz (473 ml)	0 cal
	hummus, lower sodium	4 Tbsp	105 cal
	pretzel sticks, unsalted	1 1/2 oz (42 grams)	162 cal

**MEAL TOTAL: Calories** 345 cal / **Carbs** 62 g (70%) / **Protein** 11 g (12%) / **Fat** 7 g (18%) / **Fluid** 718 g

**NOTES:**

**Dinner**  
6:00 PM

summer squash (boiled)	2 Cup(s) (480 ml)	72 cal
drinking water	16 fl oz (473 ml)	0 cal
whole wheat pita bread	1 1/2 large	255 cal
 chicken & quinoa with vegetables	2 serving	642 cal

**MEAL TOTAL: Calories** 969 cal / **Carbs** 133 g (53%) / **Protein** 57 g (23%) / **Fat** 27 g (24%) / **Fluid** 1222 g

**NOTES:**

**DAY 3 TOTAL: Calories** 3,105 cal / **Carbs** 372 g (47%) / **Protein** 193 g (24%) / **Fat** 100 g (29%) / **Fluid** 4362 g

**DAY 4**

<b>Breakfast</b> 7:00 AM	drinking water	8 fl oz (236 ml)	0 cal
	whole wheat tortilla	1 1/2 tortilla	191 cal
	egg	2 large	182 cal
	salsa	2 Tbsp	10 cal
	egg (white only, cooked)	6 large	103 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal

**MEAL TOTAL: Calories** 658 cal / **Carbs** 58 g (36%) / **Protein** 57 g (35%) / **Fat** 21 g (29%) / **Fluid** 1000 g

**NOTES:**

<b>Snack</b> 10:00 AM	nectarine	2 fruit	120 cal
	drinking water	16 fl oz (473 ml)	0 cal
	lowfat cottage cheese, 1%	2 Cup(s) (480 ml)	325 cal

**MEAL TOTAL: Calories** 445 cal / **Carbs** 41 g (37%) / **Protein** 59 g (52%) / **Fat** 5 g (11%) / **Fluid** 1084 g

**NOTES:**

<b>Lunch</b> 12:00 PM	mixed vegetables (boiled)	2 Cup(s) (480 ml)	118 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat pita bread	1 large	170 cal
	 chicken & quinoa with vegetables	2 serving	642 cal

**MEAL TOTAL: Calories** 930 cal / **Carbs** 124 g (53%) / **Protein** 55 g (23%) / **Fat** 26 g (24%) / **Fluid** 1026 g

**NOTES:**

<b>Snack</b> 3:00 PM	nut and raisin granola bar	1 bar	127 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal

**MEAL TOTAL: Calories** 300 cal / **Carbs** 42 g (55%) / **Protein** 19 g (25%) / **Fat** 7 g (20%) / **Fluid** 450 g

**NOTES:**

<b>Dinner</b> 6:00 PM	mustard greens (boiled)	2 Cup(s) (480 ml)	73 cal
	navy beans (boiled)	1 1/2 Cup(s) (360 ml)	382 cal
	lean pork tenderloin (cooked)	8 oz (224 grams)	324 cal
	drinking water	16 fl oz (473 ml)	0 cal

**MEAL TOTAL: Calories** 779 cal / **Carbs** 84 g (42%) / **Protein** 89 g (45%) / **Fat** 11 g (13%) / **Fluid** 1062 g

**NOTES:**

**DAY 4 TOTAL: Calories** 3,113 cal / **Carbs** 348 g (44%) / **Protein** 279 g (36%) / **Fat** 69 g (20%) / **Fluid** 4622 g

**DAY 5**

<b>Breakfast</b> 7:00 AM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	wheat chex cereal	2 Cup(s) (480 ml)	320 cal
	italian turkey sausage, lower sodium	3 oz (84 grams)	134 cal
	egg (white only, cooked)	6 large	103 cal

**MEAL TOTAL: Calories** 730 cal / **Carbs** 107 g (55%) / **Protein** 65 g (33%) / **Fat** 11 g (12%) / **Fluid** 680 g

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	apple	1 large	110 cal
	almond butter	2 1/2 Tbsp	250 cal
	lowfat vanilla yogurt	8 oz (224 grams)	193 cal

**MEAL TOTAL: Calories** 553 cal / **Carbs** 68 g (49%) / **Protein** 19 g (14%) / **Fat** 23 g (37%) / **Fluid** 834 g

**NOTES:**

<b>Lunch</b> 12:00 PM	extra virgin olive oil	1 Tbsp	120 cal
	balsamic vinegar	2 Tbsp	28 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	drinking water	16 fl oz (473 ml)	0 cal
	lean pork tenderloin (cooked)	10 oz (280 grams)	405 cal
	potato (with skin, baked)	1 1/2 small	193 cal


**MEAL TOTAL: Calories** 762 cal / **Carbs** 52 g (28%) / **Protein** 81 g (43%) / **Fat** 25 g (29%) / **Fluid** 938 g

**NOTES:**

<b>Snack</b> 3:00 PM	hummus, lower sodium	4 Tbsp	105 cal
	drinking water	16 fl oz (473 ml)	0 cal
	pretzel sticks, unsalted	1 oz (28 grams)	108 cal
	baby carrots	10 large	53 cal

**MEAL TOTAL: Calories** 265 cal / **Carbs** 44 g (64%) / **Protein** 9 g (13%) / **Fat** 7 g (23%) / **Fluid** 651 g

**NOTES:**

<b>Dinner</b> 6:00 PM	 chopped kale salad with chicken	1 1/2 serving	495 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat pita bread	1 large	170 cal

**MEAL TOTAL: Calories** 666 cal / **Carbs** 49 g (29%) / **Protein** 55 g (32%) / **Fat** 30 g (39%) / **Fluid** 743 g

**NOTES:**





Eating right, simplified.

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**DAY 5 TOTAL: Calories 2,976 cal / Carbs 321 g (42%) / Protein 229 g (30%) / Fat 95 g (28%) / Fluid 3846 g**

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**DAY 6**

<b>Breakfast</b> 7:00 AM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	almond butter	2 Tbsp	200 cal
	whole wheat bread	2 slice	200 cal
	banana	1 extra large	135 cal
	egg (poached)	1 large	72 cal

**MEAL TOTAL: Calories** 780 cal / **Carbs** 105 g (52%) / **Protein** 41 g (20%) / **Fat** 25 g (28%) / **Fluid** 600 g

**NOTES:**

<b>Snack</b> 10:00 AM	lowfat vanilla yogurt	8 oz (224 grams)	193 cal
	drinking water	16 fl oz (473 ml)	0 cal
	egg (white only, cooked)	8 large	137 cal
	low carb chocolate brownie protein bar	1 bar	221 cal

**MEAL TOTAL: Calories** 551 cal / **Carbs** 36 g (30%) / **Protein** 58 g (47%) / **Fat** 13 g (23%) / **Fluid** 883 g

**NOTES:**

<b>Lunch</b> 12:00 PM	 chopped kale salad with chicken	2 serving	660 cal
	iced green tea	16 fl oz (473 ml)	0 cal
	whole wheat dinner roll	2 roll	149 cal

**MEAL TOTAL: Calories** 809 cal / **Carbs** 47 g (23%) / **Protein** 70 g (34%) / **Fat** 40 g (43%) / **Fluid** 826 g

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	apple	1 large	110 cal
	nut and raisin granola bar	1 bar	127 cal

**MEAL TOTAL: Calories** 237 cal / **Carbs** 47 g (74%) / **Protein** 3 g (4%) / **Fat** 6 g (22%) / **Fluid** 656 g

**NOTES:**

<b>Dinner</b> 6:00 PM	salmon (cooked)	10 oz (280 grams)	434 cal
	drinking water	16 fl oz (473 ml)	0 cal
	unsalted butter	1/2 Tbsp	51 cal
	summer squash (boiled)	2 Cup(s) (480 ml)	72 cal
	quinoa (cooked)	3/4 Cup(s) (180 ml)	167 cal

**MEAL TOTAL: Calories** 724 cal / **Carbs** 45 g (25%) / **Protein** 79 g (44%) / **Fat** 25 g (31%) / **Fluid** 1111 g

**NOTES:**

**DAY 6 TOTAL: Calories** 3,101 cal / **Carbs** 281 g (37%) / **Protein** 251 g (32%) / **Fat** 108 g (31%) / **Fluid** 4077 g

**DAY 7**

<b>Breakfast</b> 7:00 AM	whole grain bread	2 slice	240 cal
	egg	1 large	91 cal
	drinking water	8 fl oz (236 ml)	0 cal
	coconut water	12 fl oz (354 ml)	68 cal
	egg (white only, cooked)	8 large	137 cal
	italian turkey sausage, lower sodium	4 oz (112 grams)	179 cal

**MEAL TOTAL: Calories** 716 cal / **Carbs** 62 g (35%) / **Protein** 65 g (36%) / **Fat** 23 g (29%) / **Fluid** 934 g

**NOTES:**

<b>Snack</b> 10:00 AM	hummus, lower sodium	4 Tbsp	105 cal
	baby carrots	20 large	105 cal
	drinking water	16 fl oz (473 ml)	0 cal
	pretzel sticks, unsalted	2 oz (56 grams)	215 cal

**MEAL TOTAL: Calories** 425 cal / **Carbs** 79 g (72%) / **Protein** 13 g (12%) / **Fat** 8 g (16%) / **Fluid** 786 g

**NOTES:**

<b>Lunch</b> 12:00 PM	dijon mustard	2 tsp	10 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat tortilla	3 tortilla	381 cal
	turkey breast (cooked)	10 oz (280 grams)	386 cal
	tomatoes	1/4 Cup(s) (60 ml)	8 cal
	romaine lettuce	2 leaf	2 cal

**MEAL TOTAL: Calories** 787 cal / **Carbs** 59 g (30%) / **Protein** 96 g (50%) / **Fat** 18 g (20%) / **Fluid** 756 g

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	strawberries	2 Cup(s) (480 ml)	106 cal
	lowfat vanilla yogurt	8 oz (224 grams)	193 cal
	whey protein powder	1 1/2 Scoop	169 cal

**MEAL TOTAL: Calories** 468 cal / **Carbs** 58 g (48%) / **Protein** 52 g (43%) / **Fat** 5 g (9%) / **Fluid** 956 g

**NOTES:**

**Dinner**  
6:00 PM

boneless chicken (cooked)	8 oz (224 grams)	379 cal
drinking water	16 fl oz (473 ml)	0 cal
avocado	1/2 avocado	161 cal
quinoa (cooked)	1/2 Cup(s) (120 ml)	111 cal

**MEAL TOTAL: Calories** 651 cal / **Carbs** 28 g (17%) / **Protein** 63 g (39%) / **Fat** 32 g (44%) / **Fluid** 766 g

**NOTES:**

**DAY 7 TOTAL: Calories** 3,046 cal / **Carbs** 286 g (37%) / **Protein** 289 g (38%) / **Fat** 84 g (25%) / **Fluid** 4197 g



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

<b>Chicken &amp; Quinoa With Vegetables</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>321</b>
	<b>% Daily Value*</b>	
<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		

\* 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.



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

<b>Chopped Kale Salad With Chicken</b>		
<b>Amount Per Serving</b>		
<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	

\* 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.



# Shopping List

## Accompaniments

dijon mustard	4 tsp
light olive oil mayonnaise	2 tsp
salsa	2 Tbsp

## Beef

beef t-bone	14 oz (392 grams)
italian turkey sausage, lower sodium	10 oz (280 grams)

## Beverages

coconut water	12 fl oz (354 ml)
drinking water	400 fl oz (11828 ml)
iced green tea	32 fl oz (946 ml)

## Bread

whole grain bread	2 slice
whole wheat bread	3 slice
whole wheat dinner roll	4 roll
whole wheat pita bread	5.5 large
whole wheat tortilla	4.5 tortilla

## Cereal & Grain Products

brown rice	0.5 Cup(s) (120 ml)
quinoa	3.25 Cup(s) (780 ml)
wheat chex cereal	4 Cup(s) (960 ml)
whole grain rolled oats	1 Cup(s) (240 ml)

## Dairy & Egg

egg	46 large
light string cheese	2 serving
lowfat cottage cheese, 1%	2 Cup(s) (480 ml)
lowfat vanilla yogurt	24 oz (672 grams)
skim milk, calcium added	16 Cup(s) (3840 ml)
sliced sharp cheddar cheese	2 slice

unsalted butter

0.83 Tbsp

## Fats & Oils

extra virgin olive oil

4 Tbsp

olive oil

2.63 Tbsp

## Finfish & Shellfish

canned tuna fish in water, very low sodium

8 oz (224 grams)

halibut fish

8 oz (224 grams)

salmon

10 oz (280 grams)

## Fruits & Juices

apple

5 large

avocado

0.5 avocado

banana

1 extra large

lemon juice

1.31 Tbsp

lemon peel

1.75 tsp

lime juice

4 1 wedge

nectarine

6 fruit

orange juice

0.5 Cup(s) (120 ml)

strawberries

2 Cup(s) (480 ml)

## Ingredients

balsamic vinegar

4 Tbsp

## Legumes & Beans

hummus, lower sodium

12 Tbsp

navy beans

1.5 Cup(s) (360 ml)

## Nuts & Seeds

almond butter

9 Tbsp

almonds

2.42 oz (67 grams)

## Pork

lean pork tenderloin

18 oz (504 grams)

## Poultry

boneless chicken

28 oz (784 grams)

skinless chicken breast

8 oz (224 grams)

turkey breast (cooked)

10 oz (280 grams)

## Snacks

nut and raisin granola bar

6 bar

pretzel sticks, unsalted

6.5 oz (182 grams)

## Soup

chicken broth soup, low-sodium

2 Cup(s) (480 ml)

## Spices & Herbs

basil

0.5 Cup(s) (120 ml)

black pepper

0.22 tsp

## Sports & Diet Nutritionals

low carb chocolate brownie protein bar

2 bar

whey protein powder

3 Scoop

## Vegetables

baby carrots

60 large

brussels sprouts

1.5 Cup(s) (360 ml)

kale

5.25 Cup(s) (1260 ml)

mixed vegetables

3 Cup(s) (720 ml)

mustard greens

4 Cup(s) (960 ml)

potato

2.5 small

romaine lettuce

6 leaf

4 Cup(s) (960 ml)

summer squash

4 Cup(s) (960 ml)

tomatoes

1 Cup(s) (240 ml)

# 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



**Golf Ball**

1/4 cup / 1 oz / 2 tbsp



**Tennis Ball**

1 cup



**Computer Mouse**

1/2 cup



**Baseball**

1 cup



**Rounded Handful**

1/2 cup  
1 oz dried goods



**Hockey Puck**

3 oz muffin or biscuit



**Matchbox**

1 oz serving of meat



**Deck of Cards**

3 oz of chicken, meat,  
or fish



**This Paperback Book**

8 oz serving of meat



**Thumb**

1 tsp



**Poker Chip**

1 tbsp



**Shot Glass**

1 oz / 2 tbsp



**CD**

1 slice of bread  
1 oz lunch meat



**3 Dice**

1 1/2 oz cheese



**Kids' Milk Carton**

8 oz drink

## Useful Examples



### Bread & Grains

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



### Fruits & Vegetables

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



### Meats, Fish & Nuts

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



### Dairy & Cheese

1 1/2 oz cheese = stacked dice  
1 cup yogurt = baseball  
1/2 cup ice cream = computer mouse



### Fats & Oils

1 tbsp butter or spread = poker chip  
1 tbsp salad dressing = poker chip  
1 tbsp oil or mayonnaise = poker chip



### Sweets & Treats

1 slice cake = deck of cards  
1 cookie = about 2 poker chips  
1 piece of chocolate = matchbox