

1300 - Anti-Inflammatory Meal Plan V1

DAY 1

Breakfast 7:00 AM	egg	1 large	91 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	black tea (brewed)	16 fl oz (473 ml)	28 cal
	oatmeal prepared with quick oats	3/4 Cup(s) (180 ml)	113 cal
	ground cinnamon	1/4 tsp	1 cal
	grapefruit	1 fruit	52 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 36 g (43%) / **Protein** 11 g (13%) / **Fat** 16 g (44%) / **Fluid** 628 g

NOTES:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	walnuts	1/2 oz (14 grams)	92 cal
	apricot	2 apricot	34 cal
	pineapple	1 Cup(s) (240 ml)	78 cal

MEAL TOTAL: **Calories** 203 cal / **Carbs** 30 g (54%) / **Protein** 4 g (7%) / **Fat** 10 g (39%) / **Fluid** 667 g

NOTES:

Lunch 12:00 PM	romaine lettuce	1 Cup(s) (240 ml)	8 cal
	drinking water	16 fl oz (473 ml)	0 cal
	avocado	1/4 avocado	80 cal
	white beans (boiled)	1/3 Cup(s) (80 ml)	85 cal
	wild rice (cooked)	1/2 Cup(s) (120 ml)	83 cal
	boneless skinless chicken breast (uncooked)	2 oz (56 grams)	61 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 39 g (47%) / **Protein** 22 g (26%) / **Fat** 10 g (27%) / **Fluid** 696 g

NOTES:

Snack 3:00 PM	iced green tea	16 fl oz (473 ml)	0 cal
	cucumber	1 Cup(s) (240 ml)	5 cal
	hummus, lower sodium	3 Tbsp	78 cal
	rye crispbread, unsalted	2 slices	110 cal

MEAL TOTAL: **Calories** 194 cal / **Carbs** 32 g (63%) / **Protein** 7 g (14%) / **Fat** 5 g (23%) / **Fluid** 538 g

NOTES:

Dinner
6:00 PM

drinking water	16 fl oz (473 ml)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cod fish (cooked)	2 oz (56 grams)	60 cal
asparagus (boiled)	6 spears	20 cal
spinach	2 Cup(s) (480 ml)	10 cal
barley (cooked)	3/4 Cup(s) (180 ml)	145 cal

MEAL TOTAL: Calories 294 cal / **Carbs** 44 g (54%) / **Protein** 20 g (24%) / **Fat** 8 g (22%) / **Fluid** 681 g

NOTES:

DAY 1 TOTAL: Calories 1,353 cal / **Carbs** 181 g (51%) / **Protein** 63 g (18%) / **Fat** 49 g (31%) / **Fluid** 3209 g

DAY 2

Breakfast 7:00 AM	black tea (brewed)	16 fl oz (473 ml)	28 cal
	nonfat plain greek yogurt	3 oz (84 grams)	50 cal
	smooth peanut butter, no added salt	1 Tbsp	94 cal
	whole grain bread	1/2 slice	60 cal
	raw hemp seeds	1 Tbsp	57 cal
	apricot	2 apricot	34 cal

MEAL TOTAL: Calories 323 cal / **Carbs** 26 g (34%) / **Protein** 19 g (25%) / **Fat** 14 g (41%) / **Fluid** 606 g

NOTES:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	almonds	1/2 oz (14 grams)	81 cal
	banana	1 extra large	135 cal

MEAL TOTAL: Calories 216 cal / **Carbs** 38 g (64%) / **Protein** 5 g (8%) / **Fat** 7 g (28%) / **Fluid** 588 g

NOTES:

Lunch 12:00 PM	extra virgin olive oil	1 Tbsp	120 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	drinking water	16 fl oz (473 ml)	0 cal
	canned tuna in water	3 oz (84 grams)	73 cal
	tomatoes	1/2 Cup(s) (120 ml)	13 cal
	cucumber	1/2 Cup(s) (120 ml)	3 cal
	wild rice (cooked)	1/2 Cup(s) (120 ml)	83 cal
	lemon juice	1 Tbsp	3 cal

MEAL TOTAL: Calories 311 cal / **Carbs** 25 g (31%) / **Protein** 22 g (27%) / **Fat** 16 g (42%) / **Fluid** 790 g

NOTES:

Snack 3:00 PM	egg (hard boiled)	2 large	155 cal
	drinking water	16 fl oz (473 ml)	0 cal
	cantaloupe melon	1 Cup(s) (240 ml)	54 cal

MEAL TOTAL: Calories 209 cal / **Carbs** 14 g (27%) / **Protein** 14 g (26%) / **Fat** 11 g (47%) / **Fluid** 692 g

NOTES:

Dinner
6:00 PM

iced green tea	16 fl oz (473 ml)	0 cal
 soba noodle salad	1/2 serving	112 cal
green peas (boiled)	1/2 Cup(s) (120 ml)	69 cal
boneless skinless chicken breast (uncooked)	3 oz (84 grams)	92 cal

MEAL TOTAL: Calories 273 cal / **Carbs** 32 g (46%) / **Protein** 25 g (35%) / **Fat** 6 g (19%) / **Fluid** 704 g

NOTES:

DAY 2 TOTAL: Calories 1,333 cal / **Carbs** 135 g (39%) / **Protein** 84 g (25%) / **Fat** 54 g (36%) / **Fluid** 3380 g

DAY 3

Breakfast 7:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	nonfat plain greek yogurt	3 oz (84 grams)	50 cal
	whole grain bread	1 slice	120 cal
	smooth peanut butter, no added salt	1 Tbsp	94 cal
	pineapple	1/2 Cup(s) (120 ml)	39 cal

MEAL TOTAL: Calories 303 cal / **Carbs** 36 g (46%) / **Protein** 18 g (23%) / **Fat** 11 g (31%) / **Fluid** 612 g

NOTES:

Snack 10:00 AM	banana	1 extra large	135 cal
	drinking water	16 fl oz (473 ml)	0 cal
	walnuts	1/2 oz (14 grams)	92 cal

MEAL TOTAL: Calories 227 cal / **Carbs** 37 g (59%) / **Protein** 4 g (6%) / **Fat** 10 g (35%) / **Fluid** 588 g

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	shrimp (cooked)	2 oz (56 grams)	67 cal
	extra virgin olive oil	1 Tbsp	120 cal
	lemon juice	2 Tbsp	7 cal
	wild rice (cooked)	1/2 Cup(s) (120 ml)	83 cal
	asparagus (boiled)	6 spears	20 cal

MEAL TOTAL: Calories 313 cal / **Carbs** 27 g (33%) / **Protein** 20 g (24%) / **Fat** 16 g (43%) / **Fluid** 775 g

NOTES:

Snack 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	hummus, lower sodium	2 Tbsp	52 cal
	cucumber	1 Cup(s) (240 ml)	5 cal
	red pepper	1/2 Cup(s) (120 ml)	23 cal
	rye crispbread, unsalted	2 slices	110 cal

MEAL TOTAL: Calories 191 cal / **Carbs** 34 g (70%) / **Protein** 6 g (13%) / **Fat** 4 g (17%) / **Fluid** 596 g

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz (473 ml)	0 cal
 soba noodle salad	1/2 serving	112 cal
green peas (boiled)	1/2 Cup(s) (120 ml)	69 cal
boneless skinless chicken breast (uncooked)	3 oz (84 grams)	92 cal

MEAL TOTAL: Calories 273 cal / **Carbs** 32 g (46%) / **Protein** 25 g (35%) / **Fat** 6 g (19%) / **Fluid** 704 g

NOTES:

DAY 3 TOTAL: Calories 1,306 cal / **Carbs** 166 g (49%) / **Protein** 73 g (21%) / **Fat** 46 g (30%) / **Fluid** 3275 g

DAY 4

Breakfast 7:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	almonds	1/4 oz (7 grams)	41 cal
	ginger turmeric smoothie	1 serving	179 cal
	oatmeal prepared with quick oats	1/2 Cup(s) (120 ml)	75 cal
	ground cinnamon	1/4 tsp	1 cal

MEAL TOTAL: Calories 296 cal / **Carbs** 53 g (65%) / **Protein** 5 g (7%) / **Fat** 10 g (28%) / **Fluid** 614 g

NOTES:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	walnuts	1/2 oz (14 grams)	92 cal
	banana	1 extra large	135 cal

MEAL TOTAL: Calories 227 cal / **Carbs** 37 g (59%) / **Protein** 4 g (6%) / **Fat** 10 g (35%) / **Fluid** 588 g

NOTES:

Lunch 12:00 PM	iced green tea	16 fl oz (473 ml)	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	extra firm tofu	3 oz (84 grams)	77 cal
	baby bok choy	2 Cup(s) (480 ml)	20 cal
	barley (cooked)	1/2 Cup(s) (120 ml)	97 cal

MEAL TOTAL: Calories 314 cal / **Carbs** 28 g (33%) / **Protein** 12 g (15%) / **Fat** 19 g (52%) / **Fluid** 596 g

NOTES:

Snack 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	hummus, lower sodium	2 Tbsp	52 cal
	cucumber	1 Cup(s) (240 ml)	5 cal
	rye crispbread, unsalted	2 slices	110 cal

MEAL TOTAL: Calories 167 cal / **Carbs** 30 g (69%) / **Protein** 6 g (13%) / **Fat** 4 g (18%) / **Fluid** 527 g

NOTES:

Dinner
6:00 PM

salmon (cooked)	2 oz (56 grams)	87 cal
white beans (boiled)	1/4 Cup(s) (60 ml)	64 cal
black tea (brewed)	16 fl oz (473 ml)	28 cal
wild rice (cooked)	1/4 Cup(s) (60 ml)	41 cal
asparagus (boiled)	6 spears	20 cal
kale	1 Cup(s) (240 ml)	33 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: Calories 333 cal / **Carbs** 31 g (39%) / **Protein** 25 g (30%) / **Fat** 11 g (31%) / **Fluid** 712 g

NOTES:

DAY 4 TOTAL: Calories 1,337 cal / **Carbs** 178 g (51%) / **Protein** 52 g (15%) / **Fat** 54 g (34%) / **Fluid** 3037 g

DAY 5

Breakfast
7:00 AM

drinking water	16 fl oz (473 ml)	0 cal
ginger turmeric smoothie	1 serving	179 cal
whole grain bread	1/2 slice	60 cal
smooth peanut butter, no added salt	1 Tbsp	94 cal

MEAL TOTAL: Calories 333 cal / **Carbs** 50 g (56%) / **Protein** 8 g (9%) / **Fat** 14 g (35%) / **Fluid** 614 g

NOTES:

Snack
10:00 AM

drinking water	16 fl oz (473 ml)	0 cal
almonds	1/2 oz (14 grams)	81 cal
cantaloupe melon	1 Cup(s) (240 ml)	54 cal
grapefruit	1 fruit	52 cal

MEAL TOTAL: Calories 187 cal / **Carbs** 29 g (57%) / **Protein** 5 g (10%) / **Fat** 7 g (33%) / **Fluid** 726 g

NOTES:

Lunch
12:00 PM

drinking water	16 fl oz (473 ml)	0 cal
boneless skinless chicken breast (uncooked)	3 oz (84 grams)	92 cal
spaghetti squash (cooked)	1 Cup(s) (240 ml)	42 cal
asparagus (boiled)	6 spears	20 cal
extra virgin olive oil	1 Tbsp	120 cal
grated parmesan cheese	1 Tbsp	22 cal

MEAL TOTAL: Calories 295 cal / **Carbs** 14 g (18%) / **Protein** 22 g (29%) / **Fat** 19 g (53%) / **Fluid** 765 g

NOTES:

Snack
3:00 PM

drinking water	16 fl oz (473 ml)	0 cal
nonfat plain greek yogurt	3 oz (84 grams)	50 cal
walnuts	1/2 oz (14 grams)	92 cal
cantaloupe melon	1 Cup(s) (240 ml)	54 cal

MEAL TOTAL: Calories 196 cal / **Carbs** 18 g (35%) / **Protein** 12 g (23%) / **Fat** 10 g (42%) / **Fluid** 690 g

NOTES:

Dinner
6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
iced green tea	16 fl oz (473 ml)	0 cal
yam (baked)	3/4 Cup(s) (180 ml)	118 cal
green peas (boiled)	1/2 Cup(s) (120 ml)	69 cal
chicken breast (cooked)	1 breast	95 cal

MEAL TOTAL: Calories 342 cal / **Carbs** 41 g (48%) / **Protein** 24 g (28%) / **Fat** 9 g (24%) / **Fluid** 648 g

NOTES:

DAY 5 TOTAL: Calories 1,353 cal / **Carbs** 153 g (43%) / **Protein** 72 g (20%) / **Fat** 59 g (37%) / **Fluid** 3444 g

DAY 6

Breakfast 7:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	nonfat plain greek yogurt	3 oz (84 grams)	50 cal
	ground flaxseed	1 Tbsp	70 cal
	whole grain bread	1/2 slice	60 cal
	smooth peanut butter, no added salt	1 Tbsp	94 cal
	cantaloupe melon	1 Cup(s) (240 ml)	54 cal

MEAL TOTAL: Calories 329 cal / **Carbs** 33 g (38%) / **Protein** 20 g (22%) / **Fat** 16 g (40%) / **Fluid** 690 g

NOTES:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	walnuts	1/2 oz (14 grams)	92 cal
	pineapple	1 Cup(s) (240 ml)	78 cal

MEAL TOTAL: Calories 169 cal / **Carbs** 22 g (49%) / **Protein** 3 g (6%) / **Fat** 9 g (45%) / **Fluid** 607 g

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	tomatoes	1/2 Cup(s) (120 ml)	13 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	boneless skinless chicken breast (uncooked)	2 oz (56 grams)	61 cal
	white beans (boiled)	1/4 Cup(s) (60 ml)	64 cal
	wild rice (cooked)	1/4 Cup(s) (60 ml)	41 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	yam (baked)	1/2 Cup(s) (120 ml)	79 cal

MEAL TOTAL: Calories 334 cal / **Carbs** 45 g (52%) / **Protein** 20 g (23%) / **Fat** 10 g (25%) / **Fluid** 782 g

NOTES:

Snack 3:00 PM	iced green tea	16 fl oz (473 ml)	0 cal
	rye crispbread, unsalted	2 slices	110 cal
	cucumber	1 Cup(s) (240 ml)	5 cal
	smooth peanut butter, no added salt	1/2 Tbsp	47 cal

MEAL TOTAL: Calories 162 cal / **Carbs** 27 g (64%) / **Protein** 5 g (12%) / **Fat** 5 g (24%) / **Fluid** 506 g

NOTES:

Dinner
6:00 PM

drinking water	16 fl oz (473 ml)	0 cal
spinach (boiled)	1 Cup(s) (240 ml)	41 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cod fish (cooked)	3 oz (84 grams)	89 cal
 spaghetti squash with pesto & mushrooms	1/2 serving	125 cal

MEAL TOTAL: Calories 316 cal / **Carbs** 17 g (21%) / **Protein** 28 g (33%) / **Fat** 17 g (46%) / **Fluid** 814 g

NOTES:

DAY 6 TOTAL: Calories 1,311 cal / **Carbs** 145 g (41%) / **Protein** 76 g (22%) / **Fat** 57 g (37%) / **Fluid** 3399 g

DAY 7

Breakfast 7:00 AM	egg (hard boiled)	1 large	78 cal
	banana	1 extra large	135 cal
	drinking water	16 fl oz (473 ml)	0 cal
	nonfat plain greek yogurt	3 oz (84 grams)	50 cal
	ground flaxseed	1/2 Tbsp	35 cal
	grapefruit	1/2 fruit	26 cal

MEAL TOTAL: Calories 324 cal / **Carbs** 47 g (54%) / **Protein** 19 g (22%) / **Fat** 9 g (24%) / **Fluid** 751 g

NOTES:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	hummus, lower sodium	2 Tbsp	52 cal
	cucumber	1 Cup(s) (240 ml)	5 cal
	red pepper	1/2 Cup(s) (120 ml)	23 cal
	rye crispbread, unsalted	2 slices	110 cal

MEAL TOTAL: Calories 191 cal / **Carbs** 34 g (70%) / **Protein** 6 g (13%) / **Fat** 4 g (17%) / **Fluid** 596 g

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	extra firm tofu	3 oz (84 grams)	77 cal
	wild rice (cooked)	1/2 Cup(s) (120 ml)	83 cal
	asparagus (boiled)	6 spears	20 cal
	green peas (boiled)	1/2 Cup(s) (120 ml)	69 cal

MEAL TOTAL: Calories 309 cal / **Carbs** 36 g (44%) / **Protein** 18 g (22%) / **Fat** 13 g (34%) / **Fluid** 752 g

NOTES:

Snack 3:00 PM	walnuts	3/4 oz (21 grams)	137 cal
	iced green tea	16 fl oz (473 ml)	0 cal
	cantaloupe melon	1 Cup(s) (240 ml)	54 cal

MEAL TOTAL: Calories 192 cal / **Carbs** 16 g (31%) / **Protein** 5 g (9%) / **Fat** 14 g (60%) / **Fluid** 618 g

NOTES:

Dinner
6:00 PM

drinking water	16 fl oz (473 ml)	0 cal
boneless skinless chicken breast (uncooked)	3 oz (84 grams)	92 cal
spaghetti squash with pesto & mushrooms	1/2 serving	125 cal
romaine lettuce	2 Cup(s) (480 ml)	16 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: Calories 293 cal / **Carbs** 14 g (18%) / **Protein** 21 g (28%) / **Fat** 19 g (54%) / **Fluid** 738 g

NOTES:

DAY 7 TOTAL: Calories 1,308 cal / **Carbs** 147 g (42%) / **Protein** 69 g (20%) / **Fat** 58 g (38%) / **Fluid** 3455 g



4 Servings

soba noodle salad

Ingredients

buckwheat soba noodles	8 oz (224 grams)
extra virgin olive oil	1/2 Tbsp
mushrooms shiitake raw	16 oz (448 grams)
onion	1 medium
carrots	1 medium
red pepper	1/2 Cup(s) (120 ml)
garlic	2 clove
ginger root	2 tsp
baby bok choy	2 Cup(s) (480 ml)
kale	2 Cup(s) (480 ml)
drinking water	1/4 Cup(s) (60 ml)
sesame oil	1 Tbsp
rice vinegar	1 oz (28 grams)
sriracha, hot chili sauce	1/4 tsp
teriyaki marinade & sauce, less sodium	2 Tbsp

Nutrition Totals

Calories 894 / **Carbs** 147 g / **Protein** 23 g / **Fat** 26 g / **Fluid** 806 g

Instructions

1. Cook noodles according to package instructions. Drain, rinse, and place in a large bowl.
2. Chop mushrooms, onions, carrots, and peppers. Mince garlic and ginger.
3. Heat olive oil in a large skillet over medium-high heat. Add the mushrooms, onions, carrots, peppers, garlic and ginger.
4. Cook until tender. Place in the bowl with the noodles.
5. To the same skillet add the bok choy, kale and water. Cook until wilted, stirring constantly. Add to the noodle bowl.
6. Whisk together sesame oil, rice vinegar, hot chili sauce and teriyaki sauce. Pour over the salad and toss well.

Nutrition Label

Soba Noodle Salad	
Amount Per Serving	
Calories	223
% Daily Value*	
Total Fat 6.4g	10%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 377.8mg	16%
Total Carbohydrates 36.6g	12%
Dietary Fiber 6.5g	26%
Total Sugar 8.5g	
Protein 5.7g	
Vitamin D 20.4IU	3%
Calcium 114.7mg	11%
Iron 2.4mg	14%
Potassium 737.5mg	

* 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.



1 Servings

ginger turmeric smoothie

Ingredients

banana	1/2 extra large
pineapple	1/2 Cup(s) (120 ml)
ginger root	1 tsp
spices turmeric ground	1/4 tsp
lemon juice	1 Tbsp
honey	1 tsp
coconut milk beverage, unsweetened	1 Cup(s) (240 ml)

Nutrition Totals

Calories 179 / Carbs 37 g / Protein 1 g / Fat 5 g / Fluid 141 g

Instructions

1. Place all ingredients in blender.
2. Add approx. 1 cup of ice - add more if you desire a thicker smoothie.
3. Blend thoroughly until all ingredients are pureed. Drink immediately.

Nutrition Label

Ginger Turmeric Smoothie	
Amount Per Serving	
Calories	179
% Daily Value*	
Total Fat 4.8g	7%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2.3mg	0%
Total Carbohydrates 37g	12%
Dietary Fiber 4.2g	17%
Total Sugar 23.1g	
Protein 1.4g	
Vitamin D 118.2IU	20%
Calcium 115mg	12%
Iron 0.7mg	4%
Potassium 435.1mg	

* 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

spaghetti squash with pesto & mushrooms

Ingredients

extra virgin olive oil	1 Tbsp
onion	1 medium
garlic	4 clove
mushrooms shiitake raw	4 oz (112 grams)
kale	2 Cup(s) (480 ml)
spaghetti squash (cooked)	4 Cup(s) (960 ml)
crushed red pepper flakes	1/4 tsp
classic basil pesto	4 oz (112 grams)
grated parmesan cheese	2 Tbsp

Nutrition Totals

Calories 1004 / **Carbs** 86 g / **Protein** 24 g / **Fat** 71 g / **Fluid** 894 g

Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Dice onion and add to hot oil. Cook and stir until onion begins to turn translucent.
3. Mince garlic, slice mushrooms, and shred kale. Add to pan.
4. Reduce heat to medium-low and cook until all vegetables are tender.
5. Stir in prepared spaghetti squash, red pepper flakes and pesto.
6. Cook over low heat until all ingredients are heated through.
7. Top with parmesan cheese prior to serving.

Nutrition Label

Spaghetti Squash With Pesto & Mushrooms		
Amount Per Serving		
Calories		251
% Daily Value*		
Total Fat	17.8g	27%
Saturated Fat	2.9g	15%
Trans Fat	0g	
Cholesterol	2.2mg	1%
Sodium	394.8mg	16%
Total Carbohydrates	21.4g	7%
Dietary Fiber	5.8g	23%
Total Sugar	7.6g	
Protein	6g	
Vitamin D	5.6IU	1%
Calcium	122.8mg	12%
Iron	1.2mg	7%
Potassium	487.3mg	

* 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

classic basil pesto	1 oz (28 grams)
honey	2 tsp
rice vinegar	0.26 oz (7 grams)
sriracha, hot chili sauce	0.06 tsp
teriyaki marinade & sauce, less sodium	0.5 Tbsp

Beverages

black tea (brewed)	48 fl oz (1419 ml)
coconut milk beverage, unsweetened	2 Cup(s) (480 ml)
drinking water	416 fl oz (12301 ml)
	0.06 Cup(s) (14 ml)
iced green tea	96 fl oz (2838 ml)

Bread

rye crispbread, unsalted	10 slices
whole grain bread	2.5 slice

Cereal & Grain Products

barley	1.25 Cup(s) (300 ml)
buckwheat soba noodles	2 oz (56 grams)
oatmeal prepared with quick oats	1.25 Cup(s) (300 ml)
wild rice	2.5 Cup(s) (600 ml)

Dairy & Egg

egg	4 large
grated parmesan cheese	1.5 Tbsp
nonfat plain greek yogurt	15 oz (420 grams)

Fats & Oils

extra virgin olive oil	8.38 Tbsp
sesame oil	0.26 Tbsp

Finfish & Shellfish

canned tuna in water	3 oz (84 grams)
cod fish	5 oz (140 grams)
salmon	2 oz (56 grams)
shrimp	2 oz (56 grams)

Fruits & Juices

apricot	4 apricot
avocado	0.25 avocado
banana	5 extra large
cantaloupe melon	5 Cup(s) (1200 ml)
grapefruit	2.5 fruit
lemon juice	5 Tbsp
pineapple	3.5 Cup(s) (840 ml)

Legumes & Beans

hummus, lower sodium	9 Tbsp
white beans	0.83 Cup(s) (199 ml)

Nuts & Seeds

almonds	1.25 oz (35 grams)
ground flaxseed	1.5 Tbsp
raw hemp seeds	1 Tbsp
smooth peanut butter, no added salt	4.5 Tbsp
walnuts	3.25 oz (91 grams)

Poultry

boneless skinless chicken breast (uncooked)	16 oz (448 grams)
chicken breast	1 breast

Spices & Herbs

crushed red pepper flakes	0.06 tsp
ground cinnamon	0.5 tsp

Uncategorized

mushrooms shiitake raw	5 oz (140 grams)
spices turmeric ground	0.5 tsp

Vegetables

asparagus	30 spears
baby bok choy	2.5 Cup(s) (600 ml)
carrots	0.26 medium
cucumber	5.5 Cup(s) (1320 ml)
garlic	1.5 clove
ginger root	2.5 tsp
green peas	2 Cup(s) (480 ml)
kale	2 Cup(s) (480 ml)
onion	0.52 medium
red pepper	1.12 Cup(s) (268 ml)
romaine lettuce	9 Cup(s) (2160 ml)
spaghetti squash	2 Cup(s) (480 ml)
spinach	3 Cup(s) (720 ml)
tomatoes	1 Cup(s) (240 ml)
yam	1.25 Cup(s) (300 ml)

Vegetarian Products

extra firm tofu	6 oz (168 grams)
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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