

2500 - Example Meal Plan (7 Day)

DAY 1

Breakfast 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:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: Calories 169 cal / **Carbs** 2 g (4%) / **Protein** 39 g (92%) / **Fat** 1 g (4%) / **Fluid** 475 g

NOTES:

Lunch 12:00 PM	romaine lettuce	2 leaf	2 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

MEAL TOTAL: Calories 524 cal / **Carbs** 2 g (2%) / **Protein** 57 g (46%) / **Fat** 29 g (52%) / **Fluid** 642 g

NOTES:

Snack 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 2,535 cal / **Carbs** 208 g (33%) / **Protein** 214 g (34%) / **Fat** 91 g (33%) / **Fluid** 3085 g

DAY 2

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

MEAL TOTAL: **Calories** 410 cal / **Carbs** 29 g (29%) / **Protein** 51 g (52%) / **Fat** 9 g (19%) / **Fluid** 680 g

NOTES:

Snack 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:

Lunch 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:

Snack 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	nectarine	2 fruit	120 cal
	almonds	3/4 oz (21 grams)	122 cal
	whey protein powder	1 Scoop	113 cal

MEAL TOTAL: **Calories** 354 cal / **Carbs** 34 g (37%) / **Protein** 33 g (35%) / **Fat** 12 g (28%) / **Fluid** 713 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:



Eating right, simplified.

DAY 2 TOTAL: Calories 2,530 cal / **Carbs** 234 g (37%) / **Protein** 229 g (36%) / **Fat** 76 g (27%) / **Fluid** 3716 g

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DAY 3

Breakfast 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:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	almonds	1 oz (28 grams)	162 cal

MEAL TOTAL: Calories 162 cal / **Carbs** 6 g (14%) / **Protein** 6 g (14%) / **Fat** 14 g (72%) / **Fluid** 474 g

NOTES:

Lunch 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:

Snack 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
	whey protein powder	1 Scoop	113 cal

MEAL TOTAL: Calories 296 cal / **Carbs** 29 g (37%) / **Protein** 32 g (43%) / **Fat** 7 g (20%) / **Fluid** 719 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
	 chicken & quinoa with vegetables	2 serving	642 cal

MEAL TOTAL: Calories 714 cal / **Carbs** 80 g (43%) / **Protein** 47 g (26%) / **Fat** 25 g (31%) / **Fluid** 1193 g

NOTES:

DAY 3 TOTAL: Calories 2,564 cal / **Carbs** 239 g (37%) / **Protein** 203 g (31%) / **Fat** 91 g (32%) / **Fluid** 4151 g



Eating right, simplified.

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DAY 4

Breakfast 7:00 AM	drinking water	8 fl oz (236 ml)	0 cal
	egg	2 large	182 cal
	egg (white only, cooked)	6 large	103 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal

MEAL TOTAL: Calories 458 cal / **Carbs** 27 g (25%) / **Protein** 51 g (45%) / **Fat** 15 g (30%) / **Fluid** 952 g

NOTES:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	lowfat cottage cheese, 1%	1 Cup(s) (240 ml)	163 cal

MEAL TOTAL: Calories 163 cal / **Carbs** 6 g (16%) / **Protein** 28 g (71%) / **Fat** 2 g (13%) / **Fluid** 660 g

NOTES:

Lunch 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:

Snack 3:00 PM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
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MEAL TOTAL: Calories 173 cal / **Carbs** 24 g (56%) / **Protein** 17 g (39%) / **Fat** 1 g (5%) / **Fluid** 449 g

NOTES:

Dinner 6:00 PM	mustard greens (boiled)	2 Cup(s) (480 ml)	73 cal
	navy beans (boiled)	1 Cup(s) (240 ml)	255 cal
	lean pork tenderloin (cooked)	8 oz (224 grams)	324 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 652 cal / **Carbs** 60 g (36%) / **Protein** 81 g (50%) / **Fat** 10 g (14%) / **Fluid** 1004 g

NOTES:

DAY 4 TOTAL: Calories 2,376 cal / **Carbs** 241 g (41%) / **Protein** 232 g (39%) / **Fat** 54 g (20%) / **Fluid** 4090 g

DAY 5

Breakfast 7:00 AM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	egg (white only, cooked)	6 large	103 cal

MEAL TOTAL: Calories 276 cal / **Carbs** 25 g (38%) / **Protein** 38 g (58%) / **Fat** 1 g (4%) / **Fluid** 622 g

NOTES:

Snack 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:

Lunch 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 small	128 cal

MEAL TOTAL: Calories 698 cal / **Carbs** 38 g (22%) / **Protein** 79 g (46%) / **Fat** 24 g (32%) / **Fluid** 887 g

NOTES:

Snack 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:

Dinner 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:

DAY 5 TOTAL: Calories 2,457 cal / **Carbs** 225 g (36%) / **Protein** 201 g (33%) / **Fat** 85 g (31%) / **Fluid** 3736 g

DAY 6

Breakfast 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
	egg (poached)	1 large	72 cal

MEAL TOTAL: Calories 644 cal / **Carbs** 70 g (42%) / **Protein** 39 g (24%) / **Fat** 25 g (34%) / **Fluid** 486 g

NOTES:

Snack 10:00 AM	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 358 cal / **Carbs** 5 g (7%) / **Protein** 47 g (63%) / **Fat** 10 g (30%) / **Fluid** 704 g

NOTES:

Lunch 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:

Snack 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	apple	1 large	110 cal

MEAL TOTAL: Calories 110 cal / **Carbs** 29 g (95%) / **Protein** 1 g (2%) / **Fat** 0 g (3%) / **Fluid** 655 g

NOTES:

Dinner 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 2,646 cal / **Carbs** 197 g (30%) / **Protein** 236 g (36%) / **Fat** 99 g (34%) / **Fluid** 3782 g

DAY 7

Breakfast 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)	5 large	86 cal

MEAL TOTAL: Calories 485 cal / **Carbs** 56 g (46%) / **Protein** 37 g (30%) / **Fat** 13 g (24%) / **Fluid** 770 g

NOTES:

Snack 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:

Lunch 12:00 PM	dijon mustard	2 tsp	10 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat tortilla	2 tortilla	254 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 660 cal / **Carbs** 40 g (24%) / **Protein** 92 g (57%) / **Fat** 14 g (19%) / **Fluid** 743 g

NOTES:

Snack 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 2,689 cal / **Carbs** 261 g (39%) / **Protein** 257 g (38%) / **Fat** 70 g (23%) / **Fluid** 4021 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

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

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

Beef

beef t-bone	14 oz (392 grams)
italian turkey sausage, lower sodium	3 oz (84 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	2 slice
whole wheat dinner roll	4 roll
whole wheat pita bread	4 large
whole wheat tortilla	2 tortilla

Cereal & Grain Products

brown rice	0.5 Cup(s) (120 ml)
quinoa	3.25 Cup(s) (780 ml)
whole grain rolled oats	1 Cup(s) (240 ml)

Dairy & Egg

egg	43 large
lowfat cottage cheese, 1%	1 Cup(s) (240 ml)
lowfat vanilla yogurt	16 oz (448 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	3 large
avocado	0.5 avocado
lemon juice	1.31 Tbsp
lemon peel	1.75 tsp
lime juice	4 1 wedge
nectarine	4 fruit
orange juice	0.5 Cup(s) (120 ml)
strawberries	2 Cup(s) (480 ml)

Ingredients

balsamic vinegar	4 Tbsp
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Legumes & Beans

hummus, lower sodium	12 Tbsp
navy beans	1 Cup(s) (240 ml)

Nuts & Seeds

almond butter	9 Tbsp
almonds	2.42 oz (67 grams)

Pork

lean pork tenderloin	18 oz (504 grams)
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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	2 bar
pretzel sticks, unsalted	3 oz (84 grams)

Soup

chicken broth soup, low-sodium	2 Cup(s) (480 ml)
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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	5 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 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