

1800 - Example Meal Plan V1

DAY 1

Breakfast 7:00 AM	egg (scrambled)	3 large egg(s)	234 cal
	medium tasty wholemeal toast by kingsmill	1 slice	95 cal

MEAL TOTAL: **Calories** 329 cal / **Carbs** 21 g (26%) / **Protein** 22 g (28%) / **Fat** 16 g (46%) / **Fluid** 0 g

NOTES:

Snack 10:00 AM	egg (hard boiled)	1 large	78 cal
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MEAL TOTAL: **Calories** 78 cal / **Carbs** 1 g (3%) / **Protein** 6 g (33%) / **Fat** 5 g (64%) / **Fluid** 37 g

NOTES:

Lunch 12:00 PM	baked jacket potatoes by sainsbury's	1 jacket	193 cal
	food cupboard fish all tinned fish tuna in spring	1 serving	114 cal
	light mayonnaise by hellmann's	2 Tbsp	70 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 46 g (48%) / **Protein** 31 g (32%) / **Fat** 9 g (20%) / **Fluid** 0 g

NOTES:

Snack 3:00 PM	whey protein powder	1 1/2 Scoop	169 cal
	cashews	10 gm	55 cal

MEAL TOTAL: **Calories** 224 cal / **Carbs** 5 g (8%) / **Protein** 41 g (72%) / **Fat** 5 g (20%) / **Fluid** 2 g

NOTES:

Dinner 6:00 PM	battered cod fillets by sainsbury's	1 fillet	288 cal
	pure steamed basmati rice by tilda	1/2 pack	203 cal

MEAL TOTAL: **Calories** 491 cal / **Carbs** 63 g (52%) / **Protein** 18 g (15%) / **Fat** 18 g (33%) / **Fluid** 0 g

NOTES:

Snack
8:00 PM

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** 2 g

NOTES:

DAY 1 TOTAL: Calories 1,668 cal / **Carbs** 136 g (33%) / **Protein** 158 g (38%) / **Fat** 54 g (29%) / **Fluid** 41 g

DAY 2

Breakfast 7:00 AM	porridge oats	75 grams	272 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 87 g (76%) / **Protein** 10 g (8%) / **Fat** 8 g (16%) / **Fluid** 8 g

NOTES:

Snack 10:00 AM	egg (hard boiled)	2 large	155 cal
	almonds	20 almond	139 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 6 g (8%) / **Protein** 18 g (24%) / **Fat** 23 g (68%) / **Fluid** 76 g

NOTES:

Lunch 12:00 PM	mushrooms	100 gm	22 cal
	chicken breast (cooked)	2 breast	189 cal
	asparagus	5 spear, medium	16 cal
	egg (hard boiled)	1 large	78 cal

MEAL TOTAL: **Calories** 305 cal / **Carbs** 7 g (9%) / **Protein** 47 g (62%) / **Fat** 10 g (29%) / **Fluid** 279 g

NOTES:

Snack 3:00 PM	apple	1 large	110 cal
	whey protein powder	2 Scoop	225 cal
	original almond milk(unsweetened)	250 mL	32 cal

MEAL TOTAL: **Calories** 368 cal / **Carbs** 32 g (34%) / **Protein** 54 g (57%) / **Fat** 4 g (9%) / **Fluid** 184 g

NOTES:

Dinner 6:00 PM	potato (boiled)	100 gm	87 cal
	green beans	1 Cup(s) (240 ml)	35 cal
	onion	1 medium	44 cal
	fresh food tuna steaks by tesco	1 steak	153 cal

MEAL TOTAL: **Calories** 319 cal / **Carbs** 37 g (46%) / **Protein** 40 g (50%) / **Fat** 2 g (4%) / **Fluid** 175 g

NOTES:

Snack
8:00 PM

whey protein powder

1 Scoop

113 cal

MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

DAY 2 TOTAL: Calories 1,856 cal / **Carbs** 171 g (37%) / **Protein** 194 g (41%) / **Fat** 46 g (22%) / **Fluid** 723 g

DAY 3

Breakfast 7:00 AM	egg (poached)	3 large	215 cal
	medium wholemeal sliced bread by hovis	2 slice	179 cal

MEAL TOTAL: Calories 393 cal / **Carbs** 36 g (37%) / **Protein** 27 g (27%) / **Fat** 16 g (36%) / **Fluid** 114 g

NOTES:

Snack 10:00 AM	rice cake, unsalted	2 cake	70 cal
	hummus	2 Tbsp	55 cal

MEAL TOTAL: Calories 125 cal / **Carbs** 20 g (68%) / **Protein** 4 g (12%) / **Fat** 3 g (20%) / **Fluid** 20 g

NOTES:

Lunch 12:00 PM	whitefish (cooked)	150 gm	258 cal
	cashews	30 gm	166 cal
	fresh food tesco organic raw bunched beetroot by t	100 gram	37 cal
	green, red or yellow bell peppers	1 medium	25 cal

MEAL TOTAL: Calories 486 cal / **Carbs** 25 g (20%) / **Protein** 43 g (35%) / **Fat** 25 g (45%) / **Fluid** 99 g

NOTES:

Snack 3:00 PM	whey protein powder	1 Scoop	113 cal
	almonds	20 almond	139 cal

MEAL TOTAL: Calories 252 cal / **Carbs** 6 g (9%) / **Protein** 31 g (48%) / **Fat** 12 g (43%) / **Fluid** 2 g

NOTES:

Dinner 6:00 PM	sweet potato	150 gm	129 cal
	green beans	1 Cup(s) (240 ml)	35 cal
	sweet corn kernels	100 gm	88 cal
	salmon (cooked)	2 fillet	253 cal

MEAL TOTAL: Calories 505 cal / **Carbs** 58 g (45%) / **Protein** 48 g (38%) / **Fat** 10 g (17%) / **Fluid** 308 g

NOTES:

Snack
8:00 PM

whey protein powder

1 Scoop

113 cal

MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

DAY 3 TOTAL: Calories 1,873 cal / **Carbs** 147 g (31%) / **Protein** 178 g (38%) / **Fat** 65 g (31%) / **Fluid** 544 g

DAY 4

Breakfast 7:00 AM	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: Calories 278 cal / **Carbs** 49 g (71%) / **Protein** 6 g (9%) / **Fat** 6 g (20%) / **Fluid** 4 g

NOTES:

Snack 10:00 AM	almond butter	2 Tbsp	200 cal
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MEAL TOTAL: Calories 200 cal / **Carbs** 6 g (13%) / **Protein** 6 g (13%) / **Fat** 16 g (74%) / **Fluid** 0 g

NOTES:

Lunch 12:00 PM	cauliflower	150 gm	38 cal
	baby spinach	50 gm	12 cal
	chicken breast (cooked)	2 breast	189 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: Calories 399 cal / **Carbs** 18 g (17%) / **Protein** 42 g (41%) / **Fat** 19 g (42%) / **Fluid** 287 g

NOTES:

Snack 3:00 PM	whey protein powder	1 1/2 Scoop	169 cal
	cashews	20 gm	111 cal

MEAL TOTAL: Calories 280 cal / **Carbs** 8 g (11%) / **Protein** 43 g (59%) / **Fat** 10 g (30%) / **Fluid** 3 g

NOTES:

Dinner 6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
	tomatoes	2 large	66 cal
	potato (with skin, baked)	1 small	128 cal
	chicken breast (cooked)	2 breast	189 cal

MEAL TOTAL: Calories 418 cal / **Carbs** 50 g (47%) / **Protein** 44 g (42%) / **Fat** 5 g (11%) / **Fluid** 522 g

NOTES:

Snack
8:00 PM

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** 2 g

NOTES:

DAY 4 TOTAL: Calories 1,744 cal / **Carbs** 132 g (30%) / **Protein** 180 g (41%) / **Fat** 57 g (29%) / **Fluid** 817 g

DAY 5

Breakfast  **veggie omelette** **1 serving** **529 cal**
7:00 AM

MEAL TOTAL: Calories 529 cal / **Carbs** 13 g (10%) / **Protein** 21 g (16%) / **Fat** 44 g (74%) / **Fluid** 148 g

NOTES:

Snack **hard boiled eggs** **2 serving** **142 cal**
10:00 AM

MEAL TOTAL: Calories 142 cal / **Carbs** 1 g (3%) / **Protein** 12 g (34%) / **Fat** 10 g (63%) / **Fluid** 0 g

NOTES:

Lunch **tomatoes** **2 large** **66 cal**
12:00 PM **baby spinach** **50 gm** **12 cal**
avocado **1/2 avocado** **161 cal**
british minced turkey breast **150 gm** **152 cal**

MEAL TOTAL: Calories 390 cal / **Carbs** 24 g (24%) / **Protein** 39 g (38%) / **Fat** 17 g (38%) / **Fluid** 418 g

NOTES:

Snack **whey protein powder** **1 Scoop** **113 cal**
3:00 PM **original almond milk(unsweetened)** **250 mL** **32 cal**
almonds **20 almond** **139 cal**

MEAL TOTAL: Calories 284 cal / **Carbs** 7 g (10%) / **Protein** 32 g (44%) / **Fat** 15 g (46%) / **Fluid** 2 g

NOTES:

Dinner **green beans** **1 Cup(s) (240 ml)** **35 cal**
6:00 PM **chicken breast (cooked)** **2 breast** **189 cal**
onions sweet raw **1 serving** **47 cal**
black beans (boiled) **75 gm** **99 cal**

MEAL TOTAL: Calories 371 cal / **Carbs** 36 g (39%) / **Protein** 45 g (50%) / **Fat** 5 g (11%) / **Fluid** 259 g

NOTES:

Snack
8:00 PM

whey protein powder

1 Scoop

113 cal

MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

DAY 5 TOTAL: Calories 1,829 cal / **Carbs** 83 g (18%) / **Protein** 176 g (38%) / **Fat** 91 g (44%) / **Fluid** 828 g

DAY 6

Breakfast  berry protein smoothie **1 serving** **435 cal**
7:00 AM


MEAL TOTAL: Calories 435 cal / **Carbs** 29 g (25%) / **Protein** 42 g (37%) / **Fat** 20 g (38%) / **Fluid** 159 g

NOTES:

Snack almond butter **1 Tbsp** **100 cal**
10:00 AM

MEAL TOTAL: Calories 100 cal / **Carbs** 3 g (13%) / **Protein** 3 g (13%) / **Fat** 8 g (74%) / **Fluid** 0 g

NOTES:

Lunch avocado **1/2 avocado** **161 cal**
 chicken caesar salad **1 serving** **333 cal**
12:00 PM

MEAL TOTAL: Calories 493 cal / **Carbs** 16 g (13%) / **Protein** 37 g (30%) / **Fat** 31 g (57%) / **Fluid** 222 g

NOTES:

Snack whey protein powder **1 1/2 Scoop** **169 cal**
3:00 PM

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

NOTES:

Dinner green beans **1 Cup(s) (240 ml)** **35 cal**
sweet corn kernels **100 gm** **88 cal**
6:00 PM potato (with skin, baked) **1 small** **128 cal**
 italian chicken **1 serving** **263 cal**

MEAL TOTAL: Calories 515 cal / **Carbs** 59 g (44%) / **Protein** 34 g (26%) / **Fat** 17 g (30%) / **Fluid** 278 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
8:00 PM

MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

DAY 6 TOTAL: Calories 1,825 cal / **Carbs** 110 g (24%) / **Protein** 182 g (39%) / **Fat** 77 g (37%) / **Fluid** 662 g

DAY 7

Breakfast 7:00 AM	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: **Calories** 278 cal / **Carbs** 49 g (71%) / **Protein** 6 g (9%) / **Fat** 6 g (20%) / **Fluid** 4 g

NOTES:

Snack 10:00 AM	cashews	30 gm	166 cal
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MEAL TOTAL: **Calories** 166 cal / **Carbs** 9 g (21%) / **Protein** 5 g (12%) / **Fat** 13 g (67%) / **Fluid** 2 g

NOTES:

Lunch 12:00 PM	tomatoes	1 large	33 cal
	chicken breast (cooked)	2 breast	189 cal
	baby spinach	50 gm	12 cal
	hard boiled eggs	1 serving	71 cal

MEAL TOTAL: **Calories** 305 cal / **Carbs** 9 g (13%) / **Protein** 44 g (59%) / **Fat** 9 g (28%) / **Fluid** 247 g

NOTES:

Snack 3:00 PM	whey protein powder	1 Scoop	113 cal
	almonds	20 almond	139 cal

MEAL TOTAL: **Calories** 252 cal / **Carbs** 6 g (9%) / **Protein** 31 g (48%) / **Fat** 12 g (43%) / **Fluid** 2 g

NOTES:

Dinner 6:00 PM	sweet potato	150 gm	129 cal
	sweet corn kernels	100 gm	88 cal
	salmon baked in foil	1 serving	204 cal
	asparagus	5 spear, medium	16 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 61 g (53%) / **Protein** 32 g (28%) / **Fat** 10 g (19%) / **Fluid** 455 g

NOTES:

Snack
8:00 PM

whey protein powder

1 Scoop

113 cal

MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

DAY 7 TOTAL: Calories 1,550 cal / **Carbs** 135 g (34%) / **Protein** 145 g (37%) / **Fat** 51 g (29%) / **Fluid** 710 g



1 Servings

veggie omelette

Ingredients

organic cage-free omega-3 large brown grade a eggs by 365	3 egg
onion	2 tbsp
red pepper	2 oz (56 grams)
onion	1 oz (28 grams)
mushrooms	2 oz (56 grams)
ghee, clarified butter	2 Tbsp

Nutrition Totals

Calories 529 / **Carbs** 13 g / **Protein** 21 g / **Fat** 44 g / **Fluid** 148 g

Instructions

Nutrition Label

Veggie Omelette		
Amount Per Serving		
Calories		529
		% Daily Value*
Total Fat 43.9g		68%
Saturated Fat 22.5g		113%
Trans Fat 0g		
Cholesterol 705mg		235%
Sodium 202mg		8%
Total Carbohydrates 12.7g		4%
Dietary Fiber 2.5g		10%
Total Sugar 5.5g		
Protein 20.8g		
Vitamin D 3.9IU		1%
Calcium 76.7mg		8%
Iron 2.7mg		15%
Potassium 550.5mg		

* 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

berry protein smoothie

Ingredients

strawberries	1/2 Cup(s) (120 ml)
blueberries	1/2 Cup(s) (120 ml)
spinach	1 Cup(s) (240 ml)
whey protein powder	1 Scoop
original almond milk, unsweetened	236 mL
smooth peanut butter, no added salt	2 Tbsp
greek yogurt plain non-fat by chobani	1/4 serving

Nutrition Totals

Calories 435 / **Carbs** 29 g / **Protein** 42 g / **Fat** 20 g / **Fluid** 159 g

Instructions

Add all ingredients together in blender with Ice. Blend and Enjoy!

Nutrition Label

Berry Protein Smoothie		
Amount Per Serving		
Calories		435
	% Daily Value*	
Total Fat 19.6g		30%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 7.6mg		3%
Sodium 283.7mg		12%
Total Carbohydrates 29.4g		10%
Dietary Fiber 7.8g		31%
Total Sugar 15.5g		
Protein 42.4g		
Vitamin D 98.3IU		16%
Calcium 715mg		72%
Iron 2.9mg		17%
Potassium 874.3mg		

* 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.



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

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

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1 Servings

italian chicken

Ingredients

garlic	1 clove
lemon juice	1 Tbsp
olive oil	1 Tbsp
skinless chicken breast (uncooked)	4 oz (112 grams)

Nutrition Totals

Calories 263 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 100 g

Instructions

1. Crush garlic clove.
2. Combine crushed garlic and remaining ingredients in a small bowl. Make sure chicken is well coated with marinade. Marinate in the refrigerator for at least 30 minutes.
3. One hour before serving, preheat oven to 450 degrees F.
4. Line a baking sheet with foil or parchment paper, and place chicken on pan.
5. Bake for 18-25 minutes (depending on size/thickness of chicken breast), or until chicken is cooked through and the juices run clear (internal temp of 165 degrees F).

Nutrition Label

Italian Chicken		
Amount Per Serving		
Calories		263
% Daily Value*		
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	51.9mg	2%
Total Carbohydrates	2g	1%
Dietary Fiber	0.1g	0%
Total Sugar	0.4g	
Protein	25.7g	
Vitamin D	1.1IU	0%
Calcium	12.1mg	1%
Iron	0.5mg	3%
Potassium	406.7mg	

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4 Servings

salmon baked in foil

Ingredients

tomatoes	2 Cup(s) (480 ml)
shallots	2 oz (56 grams)
extra virgin olive oil	1 Tbsp
lemon juice	2 Tbsp
oregano, dried	1 tsp
thyme, dried	1 tsp
black pepper	1/8 tsp
fish salmon pink raw	16 oz (448 grams)

Nutrition Totals

Calories 817 / **Carbs** 28 g / **Protein** 98 g / **Fat** 35 g / **Fluid** 757 g

Instructions

1. Preheat oven to 400 degrees F.
2. Dice tomatoes, mince shallots and place in a small bowl.
3. Stir in ½ tablespoon of olive oil, lemon juice, oregano, thyme, and a dash of black pepper. Set aside.
4. Brush salmon with remaining olive oil and season with pepper.
5. Cut 4 sheets of aluminum foil (large enough to wrap each fillet).
6. Place each fillet, oil side down, on each cut piece of foil.
7. Evenly divide tomato mixture over the salmon fillets.
8. Fold and seal the foil to make packets around the salmon. Place packets on baking sheet.
9. Bake for 20-25 minutes, or until cooked through.

Nutrition Label

Salmon Baked In Foil		
Amount Per Serving		
Calories		204
		% Daily Value*
Total Fat 8.7g		13%
Saturated Fat 1.4g		7%
Trans Fat 0g		
Cholesterol 52.1mg		17%
Sodium 91.5mg		4%
Total Carbohydrates 6.9g		2%
Dietary Fiber 1.8g		7%
Total Sugar 3.6g		
Protein 24.4g		
Vitamin D 493.2IU		82%
Calcium 34.8mg		3%
Iron 1.3mg		7%
Potassium 692.1mg		

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Shopping List

Accompaniments

honey	3 Tbsp
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Cereal & Grain Products

porridge oats	175 grams
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Dairy & Egg

egg	3 large egg(s)
	7 large
ghee, clarified butter	2 Tbsp
grated parmesan cheese	4 Tbsp

Fats & Oils

extra virgin olive oil	0.25 Tbsp
olive oil	1 Tbsp

Finfish & Shellfish

salmon	2 fillet
whitefish	150 gm

Fruits & Juices

apple	1 large
avocado	1.5 avocado
blueberries	0.5 Cup(s) (120 ml)
lemon juice	1.5 Tbsp
raisins	30 gm
strawberries	0.5 Cup(s) (120 ml)

Legumes & Beans

black beans	75 gm
hummus	2 Tbsp

Nuts & Seeds

almond butter	3 Tbsp
almonds	80 almond
cashews	90 gm
smooth peanut butter, no added salt	2 Tbsp

Poultry

british minced turkey breast	150 gm
chicken breast	10 breast
	3 oz (84 grams)
skinless chicken breast	4 oz (112 grams)

Snacks

rice cake, unsalted	2 cake
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Spices & Herbs

black pepper	0.03 tsp
oregano, dried	0.25 tsp
thyme, dried	0.25 tsp

Sports & Diet Nutritionals

whey protein powder	18.5 Scoop
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Uncategorized

baked jacket potatoes by sainsbury's	1 jacket
battered cod fillets by sainsbury's	1 fillet
dressing low fat caesar by compliments	2 Tbsp
fish salmon pink raw	4 oz (112 grams)
food cupboard fish all tinned fish tuna in spring water by sainsbury's	1 serving
fresh food tesco organic raw bunched beetroot by tesco	100 gram
fresh food tuna steaks by tesco	1 steak
greek yogurt plain non-fat by chobani	0.25 serving
green beans	5 Cup(s) (1200 ml)
hard boiled eggs	3 serving
light mayonnaise by hellmann's	2 Tbsp
medium tasty wholemeal toast by kingsmill	1 slice
medium wholemeal sliced bread by hovis	2 slice

onions sweet raw	1 serving
organic cage-free omega-3 large brown grade a eggs by 365	3 egg
original almond milk(unsweetened)	1250 mL
original almond milk, unsweetened	236 mL
pure steamed basmati rice by tilda	0.5 pack

Vegetables

asparagus	10 spear, medium
baby spinach	150 gm
cauliflower	150 gm
garlic	1 clove
green, red or yellow bell peppers	1 medium
mushrooms	100 gm
onion	2 oz (56 grams)
	1 medium
	2 tbsp
	1 oz (28 grams)
potato	100 gm
	2 small
red pepper	2 oz (56 grams)
romaine lettuce	2 Cup(s) (480 ml)
shallots	0.5 oz (14 grams)
spinach	1 Cup(s) (240 ml)
sweet corn kernels	300 gm
sweet potato	300 gm
tomatoes	5 large
	0.5 Cup(s) (120 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