

# 1400 Calorie Plan - Standard / Balanced

## DAY 1

<b>Breakfast</b> 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:

<b>Snack</b> 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:

<b>Lunch</b> 12:00 PM	tomatoes	1 large	33 cal
	baby spinach	50 gm	12 cal
	chicken breast (cooked)	1 breast	95 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 17 g (22%) / **Protein** 23 g (29%) / **Fat** 17 g (49%) / **Fluid** 283 g

### NOTES:

<b>Snack</b> 3:00 PM	whey protein powder	1 Scoop	113 cal
	cashews	20 gm	111 cal

MEAL TOTAL: **Calories** 223 cal / **Carbs** 7 g (12%) / **Protein** 30 g (52%) / **Fat** 9 g (36%) / **Fluid** 2 g

### NOTES:

<b>Dinner</b> 6:00 PM	chicken breast (cooked)	1 breast	95 cal
	broccoli	100 gm	34 cal
	red pepper	1/2 large	25 cal
	brown rice (cooked)	50 gm	56 cal

MEAL TOTAL: **Calories** 210 cal / **Carbs** 23 g (44%) / **Protein** 23 g (43%) / **Fat** 3 g (13%) / **Fluid** 239 g

### NOTES:

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**Snack**  
8:00 PM

whey protein powder

1 Scoop

113 cal

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

**NOTES:**

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**DAY 1 TOTAL: Calories** 1,289 cal / **Carbs** 106 g (32%) / **Protein** 113 g (34%) / **Fat** 49 g (34%) / **Fluid** 530 g

## DAY 2

<b>Breakfast</b> 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:

<b>Snack</b> 10:00 AM	egg (hard boiled)	1 large	78 cal
	apple	1 large	110 cal

MEAL TOTAL: **Calories** 188 cal / **Carbs** 30 g (60%) / **Protein** 7 g (14%) / **Fat** 6 g (26%) / **Fluid** 219 g

NOTES:

<b>Lunch</b> 12:00 PM	mushrooms	100 gm	22 cal
	chicken breast (cooked)	1 breast	95 cal
	asparagus	5 spear, medium	16 cal
	egg (hard boiled)	1 large	78 cal

MEAL TOTAL: **Calories** 210 cal / **Carbs** 7 g (13%) / **Protein** 29 g (54%) / **Fat** 8 g (33%) / **Fluid** 242 g

NOTES:

<b>Snack</b> 3:00 PM	whey protein powder	1 Scoop	113 cal
	original almond milk(unsweetened)	250 mL	32 cal
	cashews	30 gm	166 cal

MEAL TOTAL: **Calories** 311 cal / **Carbs** 11 g (14%) / **Protein** 33 g (41%) / **Fat** 16 g (45%) / **Fluid** 3 g

NOTES:

<b>Dinner</b> 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:

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**Snack**  
8:00 PM

whey protein powder

1 Scoop

113 cal

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

**NOTES:**

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**DAY 2 TOTAL: Calories** 1,418 cal / **Carbs** 135 g (37%) / **Protein** 140 g (39%) / **Fat** 38 g (24%) / **Fluid** 643 g

**DAY 3**

**Breakfast**      banana      1 whole      105 cal  
7:00 AM

MEAL TOTAL: **Calories** 105 cal / **Carbs** 27 g (93%) / **Protein** 1 g (4%) / **Fat** 0 g (3%) / **Fluid** 0 g

NOTES:

**Snack**      rice cake, unsalted      2 cake      70 cal  
10:00 AM      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**      whitefish (cooked)      150 gm      258 cal  
12:00 PM      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**      whey protein powder      1 Scoop      113 cal  
3:00 PM      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**      sweet potato      150 gm      129 cal  
6:00 PM      green beans      1 Cup(s) (240 ml)      35 cal  
sweet corn kernels      100 gm      88 cal  
salmon (cooked)      1 fillet      126 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 58 g (60%) / **Protein** 27 g (28%) / **Fat** 5 g (12%) / **Fluid** 249 g

NOTES:

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**Snack**  
8:00 PM

whey protein powder

1 Scoop

113 cal

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

**NOTES:**

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**DAY 3 TOTAL: Calories** 1,458 cal / **Carbs** 137 g (36%) / **Protein** 133 g (36%) / **Fat** 46 g (28%) / **Fluid** 372 g

**DAY 4**

<b>Breakfast</b> 7:00 AM	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

**MEAL TOTAL: Calories** 367 cal / **Carbs** 72 g (77%) / **Protein** 7 g (8%) / **Fat** 6 g (15%) / **Fluid** 8 g

**NOTES:**

<b>Snack</b> 10:00 AM	almond butter	1 Tbsp	100 cal
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**MEAL TOTAL: Calories** 100 cal / **Carbs** 3 g (13%) / **Protein** 3 g (13%) / **Fat** 8 g (74%) / **Fluid** 0 g

**NOTES:**

<b>Lunch</b> 12:00 PM	cauliflower	150 gm	38 cal
	baby spinach	50 gm	12 cal
	chicken breast (cooked)	1 breast	95 cal
	avocado	1/2 avocado	161 cal

**MEAL TOTAL: Calories** 305 cal / **Carbs** 18 g (22%) / **Protein** 24 g (30%) / **Fat** 17 g (48%) / **Fluid** 249 g

**NOTES:**

<b>Snack</b> 3:00 PM	whey protein powder	1 Scoop	113 cal
	cashews	20 gm	111 cal

**MEAL TOTAL: Calories** 223 cal / **Carbs** 7 g (12%) / **Protein** 30 g (52%) / **Fat** 9 g (36%) / **Fluid** 2 g

**NOTES:**

<b>Dinner</b> 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)	1 breast	95 cal

**MEAL TOTAL: Calories** 323 cal / **Carbs** 50 g (60%) / **Protein** 26 g (32%) / **Fat** 3 g (8%) / **Fluid** 485 g

**NOTES:**

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**Snack**  
8:00 PM

whey protein powder

1 Scoop

113 cal

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

**NOTES:**

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**DAY 4 TOTAL: Calories** 1,431 cal / **Carbs** 152 g (41%) / **Protein** 116 g (32%) / **Fat** 44 g (27%) / **Fluid** 745 g



**DAY 5**

<b>Breakfast</b> 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:**

<b>Snack</b> 10:00 AM	hard boiled eggs	1 serving	71 cal
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**MEAL TOTAL: Calories** 71 cal / **Carbs** 1 g (3%) / **Protein** 6 g (34%) / **Fat** 5 g (63%) / **Fluid** 0 g

**NOTES:**

<b>Lunch</b> 12:00 PM	tomatoes	1 large	33 cal
	baby spinach	50 gm	12 cal
	avocado	1/2 avocado	161 cal
	british minced turkey breast	150 gm	152 cal

**MEAL TOTAL: Calories** 357 cal / **Carbs** 17 g (19%) / **Protein** 38 g (40%) / **Fat** 17 g (41%) / **Fluid** 246 g

**NOTES:**

<b>Snack</b> 3:00 PM	whey protein powder	1 Scoop	113 cal
	almonds	10 almond	69 cal

**MEAL TOTAL: Calories** 182 cal / **Carbs** 4 g (8%) / **Protein** 29 g (61%) / **Fat** 6 g (31%) / **Fluid** 2 g

**NOTES:**

<b>Dinner</b> 6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
	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:**

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**Snack**  
8:00 PM

whey protein powder

1 Scoop

113 cal

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

**NOTES:**

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**DAY 5 TOTAL: Calories** 1,371 cal / **Carbs** 107 g (31%) / **Protein** 150 g (43%) / **Fat** 40 g (26%) / **Fluid** 511 g

**DAY 6**

<b>Breakfast</b> 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:

<b>Snack</b> 10:00 AM	almond butter	1 Tbsp	100 cal
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MEAL TOTAL: **Calories** 100 cal / **Carbs** 3 g (13%) / **Protein** 3 g (13%) / **Fat** 8 g (74%) / **Fluid** 0 g

NOTES:

<b>Lunch</b> 12:00 PM	tomatoes	2 1/4 large	74 cal
	baby spinach	50 gm	12 cal
	chicken breast (cooked)	1 breast	95 cal
	avocado	1/2 avocado	161 cal


MEAL TOTAL: **Calories** 341 cal / **Carbs** 26 g (29%) / **Protein** 25 g (27%) / **Fat** 18 g (44%) / **Fluid** 498 g

NOTES:

<b>Snack</b> 3:00 PM	whey protein powder	1 Scoop	113 cal
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MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

<b>Dinner</b> 6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
	sweet corn kernels	100 gm	88 cal
	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:

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**Snack**  
8:00 PM

whey protein powder

1 Scoop

113 cal

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

**NOTES:**

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**DAY 6 TOTAL: Calories** 1,458 cal / **Carbs** 139 g (38%) / **Protein** 120 g (32%) / **Fat** 50 g (30%) / **Fluid** 782 g

## DAY 7

<b>Breakfast</b> 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:

<b>Snack</b> 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:

<b>Lunch</b> 12:00 PM	tomatoes	1 large	33 cal
	chicken breast (cooked)	1 breast	95 cal
	baby spinach	50 gm	12 cal
	hard boiled eggs	1 serving	71 cal

MEAL TOTAL: **Calories** 210 cal / **Carbs** 9 g (18%) / **Protein** 27 g (50%) / **Fat** 7 g (32%) / **Fluid** 209 g

NOTES:

<b>Snack</b> 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:

<b>Dinner</b> 6:00 PM	sweet potato	100 gm	86 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** 394 cal / **Carbs** 51 g (49%) / **Protein** 31 g (30%) / **Fat** 10 g (21%) / **Fluid** 416 g

NOTES:

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**Snack**  
8:00 PM

whey protein powder

1 Scoop

113 cal

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

**NOTES:**

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**DAY 7 TOTAL: Calories** 1,412 cal / **Carbs** 125 g (34%) / **Protein** 126 g (35%) / **Fat** 49 g (31%) / **Fluid** 634 g



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

\* 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

# 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

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

\* 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.

# Shopping List

## Accompaniments

honey	6 Tbsp
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## Cereal & Grain Products

brown rice	50 gm
porridge oats	300 grams

## Dairy & Egg

egg	2 large
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## Fats & Oils

extra virgin olive oil	0.25 Tbsp
olive oil	1 Tbsp

## Finfish & Shellfish

salmon	1 fillet
whitefish	150 gm

## Fruits & Juices

apple	1 large
avocado	2 avocado
banana	1 whole
lemon juice	1.5 Tbsp
raisins	30 gm

## Legumes & Beans

black beans	75 gm
hummus	2 Tbsp

## Nuts & Seeds

almond butter	2 Tbsp
almonds	50 almond
cashews	160 gm

## Poultry

british minced turkey breast	150 gm
chicken breast	9 breast
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	14 Scoop
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## Uncategorized

fish salmon pink raw	4 oz (112 grams)
fresh food tesco organic raw bunched beetroot by tesco	100 gram
fresh food tuna steaks by tesco	1 steak
green beans	5 Cup(s) (1200 ml)
hard boiled eggs	2 serving
onions sweet raw	1 serving
original almond milk(unsweetened)	1750 mL

## Vegetables

asparagus	10 spear, medium
baby spinach	250 gm
broccoli	100 gm
cauliflower	150 gm
garlic	1 clove
green, red or yellow bell peppers	1 medium

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<b>mushrooms</b>	<b>100 gm</b>
<b>onion</b>	<b>1 medium</b>
<b>potato</b>	<b>100 gm</b>
	<b>2 small</b>
<b>red pepper</b>	<b>0.5 large</b>
<b>shallots</b>	<b>0.5 oz (14 grams)</b>
<b>sweet corn kernels</b>	<b>300 gm</b>
<b>sweet potato</b>	<b>250 gm</b>
<b>tomatoes</b>	<b>7.25 large</b>
	<b>0.5 Cup(s) (120 ml)</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



**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