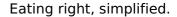


# 1400 Calorie Plan - Standard / Balanced

Breakfas	porridge oats	50 grams	182 ca
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	honey	1 Tbsp	64 cal
MEAL TOTAL: Calor	ries 278 cal / Carbs 49 g (71%) / Protein 6 g (9%)	/ <b>Fat</b> 6 g (20%) / <b>Fluid</b> 4 g	
NOTES:			
Snack 10:00 AM	cashews	30 gm	166 ca
MEAL TOTAL: Calor	ries 166 cal / Carbs 9 g (21%) / Protein 5 g (12%)	/ <b>Fat</b> 13 g (67%) / <b>Fluid</b> 2 g	
NOTES:			
Lunch	tomatoes	1 large	33 cal
	baby spinach	50 gm	12 cal
12:00 PM	chicken breast (cooked)	1 breast	95 cal
	avocado	1/2 avocado	161 ca
MEAL TOTAL: Calor	ries 300 cal / <b>Carbs</b> 17 g (22%) / <b>Protein</b> 23 g (299	%)	]
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	cashews	20 gm	111 ca
MEAL TOTAL: Calor	ries 223 cal / Carbs 7 g (12%) / Protein 30 g (52%	)	
NOTES:			
Dinner	chicken breast (cooked)	1 breast	95 cal
	broccoli	100 gm	34 cal
6:00 PM	red pepper	1/2 large	25 cal
	brown rice (cooked)	50 gm	56 cal
	ries 210 cal / Carbs 23 g (44%) / Protein 23 g (43%	V) /F=+ 2 ~ (120/) /F  -  220 ~	

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whey protein powder

1 Scoop

113 cal

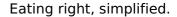
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

**NOTES:** 

 $\textbf{DAY 1 TOTAL: Calories}~1,289~cal~/~\textbf{Carbs}~106~g~(32\%)~/~\textbf{Protein}~113~g~(34\%)~/~\textbf{Fat}~49~g~(34\%)~/~\textbf{Fluid}~530~g~(32\%)~/~\textbf{Carbs}~106~g~(32\%)~/~\textbf{Carbs$ 



	DAY 2		
Breakfast	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	honey	1 Tbsp	64 cal
MEAL TOTAL: Calorie	s 278 cal / Carbs 49 g (71%) / Protein 6 g (9%) / Fa	at 6 g (20%) / Fluid 4 g	
NOTES:			
Snack	egg (hard boiled)	1 large	78 cal
10:00 AM	apple	1 large	110 cal
	s 188 cal / <b>Carbs</b> 30 g (60%) / <b>Protein</b> 7 g (14%) / <b>F</b>	Fat 6 g (26%) / Fluid 219 g	
NOTES:			
Lunch	mushrooms	100 gm	22 cal
	chicken breast (cooked)	1 breast	95 cal
12:00 PM	asparagus	5 spear, medium	16 cal
	egg (hard boiled)	1 large	78 cal
MEAL TOTAL: Calorie	s 210 cal / Carbs 7 g (13%) / Protein 29 g (54%) / F	Fat 8 g (33%) / Fluid 242 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
	original almond milk(unsweetened)	250 mL	32 cal
3:00 PM	cashews	30 gm	166 ca
MEAL TOTAL: Calorie	s 311 cal / Carbs 11 g (14%) / Protein 33 g (41%) /	<b>Fat</b> 16 g (45%) / <b>Fluid</b> 3 g	
NOTES:			
Dinner	potato (boiled)	100 gm	87 cal
6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
O.UU PM	onion	1 medium	44 cal
	fresh food tuna steaks by tesco	1 steak	153 ca
MEAL TOTAL: Calorie	s 319 cal / <b>Carbs</b> 37 g (46%) / <b>Protein</b> 40 g (50%) /	<b>Fat</b> 2 g (4%) / <b>Fluid</b> 175 g	





whey protein powder

1 Scoop

113 cal

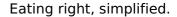
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

**NOTES:** 

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



	DAY 3		
Breakfas <sup>1</sup> 7:00 AM	t banana	1 whole	105 cal
MEAL TOTAL: Calor	ies 105 cal / Carbs 27 g (93%) / Protein 1 g (4%) / Fat 0 g (3%	%) / <b>Fluid</b> 0 g	
NOTES:			
Snack	rice cake, unsalted	2 cake	70 cal
10:00 AM	hummus	2 Tbsp	55 cal
MEAL TOTAL: Calor	ies 125 cal / Carbs 20 g (68%) / Protein 4 g (12%) / Fat 3 g (2	0%) / <b>Fluid</b> 20 g	
NOTES:			
Lunch	whitefish (cooked)	150 gm	258 ca
	cashews	30 gm	166 ca
12:00 PM	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: Calor	ies 486 cal / Carbs 25 g (20%) / Protein 43 g (35%) / Fat 25 g	(45%) / <b>Fluid</b> 99 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	almonds	20 almond	139 ca
MEAL TOTAL: Calor	ies 252 cal / Carbs 6 g (9%) / Protein 31 g (48%) / Fat 12 g (4	3%) / <b>Fluid</b> 2 g	
NOTES:			
Dinner	sweet potato	150 gm	129 ca
	green beans	1 Cup(s) (240 ml)	35 cal
6:00 PM	sweet corn kernels	100 gm	88 cal
	salmon (cooked)	1 fillet	126 ca
MEAL TOTAL: Calor	ies 378 cal / Carbs 58 g (60%) / Protein 27 g (28%) / Fat 5 g (	12%) / <b>Fluid</b> 249 g	
NOTES:			





whey protein powder

1 Scoop

113 cal

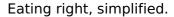
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

**NOTES:** 

 $\textbf{DAY 3 TOTAL: Calories}~1,458~cal~/~\textbf{Carbs}~137~g~(36\%)~/~\textbf{Protein}~133~g~(36\%)~/~\textbf{Fat}~46~g~(28\%)~/~\textbf{Fluid}~372~g~(36\%)~/~\textbf{Fat}~46~g~(28\%)~/~\textbf{Fluid}~372~g~(36\%)~/~\textbf{Fat}~46~g~(28\%)~/~\textbf{Fluid}~372~g~(36\%)~/~\textbf{Fat}~46~g~(28\%)~/~\textbf{Fluid}~372~g~(36\%)~/~\textbf{Fat}~46~g~(28\%)~/~\textbf{Fluid}~372~g~(36\%)~/~\textbf{Fat}~46~g~(28\%)~/~\textbf{Fluid}~372~g~(36\%)~/~\textbf{Fat}~46~g~(28\%)~/~\textbf{Fluid}~372~g~(36\%)~/~\textbf{$ 



	DAY 4		
Breakfast	porridge oats	50 grams	182 ca
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calories	s 367 cal / Carbs 72 g (77%) / Protein 7 g (8%) /	<b>Fat</b> 6 g (15%) / <b>Fluid</b> 8 g	
NOTES:			
Snack	almond butter	1 Tbsp	100 ca
10:00 AM			
MEAL TOTAL: Calories	s 100 cal / <b>Carbs</b> 3 g (13%) / <b>Protein</b> 3 g (13%) /	Fat 8 g (74%) / Fluid 0 g	
NOTES:			
Lunch	cauliflower	150 gm	38 cal
12:00 PM	baby spinach	50 gm	12 cal
12.00 PM	chicken breast (cooked)	1 breast	95 cal
	avocado	1/2 avocado	161 ca
MEAL TOTAL: Calories	305 cal / Carbs 18 g (22%) / Protein 24 g (30%)	/ <b>Fat</b> 17 g (48%) / <b>Fluid</b> 249 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	cashews	20 gm	111 ca
3.00 PM			
MEAL TOTAL: Calories	s 223 cal / Carbs 7 g (12%) / Protein 30 g (52%)	/ <b>Fat</b> 9 g (36%) / <b>Fluid</b> 2 g	
NOTES:			
Dinner	green beans	1 Cup(s) (240 ml)	35 cal
	tomatoes	2 large	66 cal
6:00 PM	potato (with skin, baked)	1 small	128 ca
	chicken breast (cooked)	1 breast	95 cal
MEAL TOTAL: Calories	<b>s</b> 323 cal <b>/ Carbs</b> 50 g (60%) <b>/ Protein</b> 26 g (32%)	/ <b>Fat</b> 3 g (8%) / <b>Fluid</b> 485 g	
NOTES:			





whey protein powder

1 Scoop

113 cal

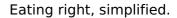
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

**NOTES:** 

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



	DAY 5		
<b>Breakfast</b>	porridge oats	50 grams	182 cal
7:00 AM	original almond milk(unsweetened)	250 mL	32 cal
7.00 AM	honey	1 Tbsp	64 cal
MEAL TOTAL: Calori	<b>es</b> 278 cal <b>/ Carbs</b> 49 g (71%) <b>/ Protein</b> 6 g (9%) <b>/</b>	<b>Fat</b> 6 g (20%) / <b>Fluid</b> 4 g	
NOTES:			
Snack	hard boiled eggs	1 serving	71 cal
10:00 AM			
MEAL TOTAL: Calori	es 71 cal / Carbs 1 g (3%) / Protein 6 g (34%) / Fa	et 5 g (63%) / <b>Fluid</b> 0 g	
NOTES:			
Lungh	tomatoes	1 large	33 cal
Lunch	baby spinach	50 gm	12 cal
12:00 PM	avocado	1/2 avocado	161 ca
	british minced turkey breast	150 gm	152 ca
MEAL TOTAL: Calori	es 357 cal / Carbs 17 g (19%) / Protein 38 g (40%	) <b>/ Fat</b> 17 g (41%) <b>/ Fluid</b> 246 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	almonds	10 almond	69 cal
MEAL TOTAL: Calori	es 182 cal / Carbs 4 g (8%) / Protein 29 g (61%) /	<b>Fat</b> 6 g (31%) / <b>Fluid</b> 2 g	
NOTES:			
Dinner	green beans	1 Cup(s) (240 ml)	35 cal
	chicken breast (cooked)	2 breast	189 ca
6:00 PM	onions sweet raw	1 serving	47 cal
	black beans (boiled)	75 gm	99 cal
MEAL TOTAL: Calori	es 371 cal / Carbs 36 g (39%) / Protein 45 g (50%	)	





whey protein powder

1 Scoop

113 cal

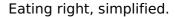
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

**NOTES:** 

 $\textbf{DAY 5 TOTAL: Calories}~1,371~cal~/~\textbf{Carbs}~107~g~(31\%)~/~\textbf{Protein}~150~g~(43\%)~/~\textbf{Fat}~40~g~(26\%)~/~\textbf{Fluid}~511~g~(31\%)~/~\textbf{Carbs}~107~g~(31\%)~/~\textbf{Carbs$ 



	DAY 6		
Breakfast	porridge oats	50 grams	182 cal
7:00 AM	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	honey	1 Tbsp	64 cal
MEAL TOTAL: Calori	<b>es</b> 278 cal <b>/ Carbs</b> 49 g (71%) <b>/ Protein</b> 6 g (9%)	/ <b>Fat</b> 6 g (20%) / <b>Fluid</b> 4 g	
NOTES:			
Snack	almond butter	1 Tbsp	100 cal
10:00 AM			
MEAL TOTAL: Calori	es 100 cal / Carbs 3 g (13%) / Protein 3 g (13%)	/ <b>Fat</b> 8 g (74%) / <b>Fluid</b> 0 g	
NOTES:			
Lunch 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 ca
MEAL TOTAL: Calori	<b>es</b> 341 cal <b>/ Carbs</b> 26 g (29%) <b>/ Protein</b> 25 g (27%	6) / <b>Fat</b> 18 g (44%) / <b>Fluid</b> 498 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM			
MEAL TOTAL: Calori	es 113 cal / Carbs 1 g (4%) / Protein 26 g (92%)	/ <b>Fat</b> 0 g (4%) / <b>Fluid</b> 1 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 ca
[	italian chicken	1 serving	263 cal
MEAL TOTAL: Calori	<b>es</b> 515 cal <b>/ Carbs</b> 59 g (44%) <b>/ Protein</b> 34 g (26%	b) / <b>Fat</b> 17 g (30%) / <b>Fluid</b> 278 g	
NOTES:			





whey protein powder

1 Scoop

113 cal

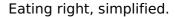
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

**NOTES:** 

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



	DAY 7		
Breakfast	porridge oats	50 grams	182 cal
7:00 AM	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	honey	1 Tbsp	64 cal
MEAL TOTAL: Calories	s 278 cal / Carbs 49 g (71%) / Protein 6 g (9%) / F	<b>at</b> 6 g (20%) <b>/ Fluid</b> 4 g	
NOTES:			
Snack	cashews	30 gm	166 cal
10:00 AM			
MEAL TOTAL: Calories	s 166 cal / Carbs 9 g (21%) / Protein 5 g (12%) / F	<b>at</b> 13 g (67%) <b>/ Fluid</b> 2 g	
NOTES:			
Lunch	tomatoes	1 large	33 cal
	chicken breast (cooked)	1 breast	95 cal
12:00 PM	baby spinach	50 gm	12 cal
	hard boiled eggs	1 serving	71 cal
MEAL TOTAL: Calories	s 210 cal / Carbs 9 g (18%) / Protein 27 g (50%) /	<b>Fat</b> 7 g (32%) <b>/ Fluid</b> 209 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	almonds	20 almond	139 ca
MEAL TOTAL: Calories	s 252 cal / Carbs 6 g (9%) / Protein 31 g (48%) / F	<b>at</b> 12 g (43%) <b>/ Fluid</b> 2 g	
NOTES:			
Dinner	sweet potato	100 gm	86 cal
6:00 PM	sweet corn kernels	100 gm	88 cal
6:00 PM	salmon baked in foil	1 serving	204 ca
	asparagus	5 spear, medium	16 cal
MEAL TOTAL: Calories	s 394 cal / Carbs 51 g (49%) / Protein 31 g (30%)	/ <b>Fat</b> 10 g (21%) / <b>Fluid</b> 416 g	
NOTES:			





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~1,412~cal~/~Carbs~125~g~(34%)~/~Protein~126~g~(35%)~/~Fat~49~g~(31%)~/~Fluid~634~g~(34%)~/~Carbs~125~g~(34%)~/~Carbs~125~g~(34%)~/~Protein~126~g~(35%)~/~Fat~49~g~(31%)~/~Fluid~634~g~(34%)~/~Carbs~125~g~(34%)~/~Carbs





#### 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 \* 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  $\frac{1}{2}$  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 <u>7%</u> 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% 3% Calcium 34.8mg Iron 1.3mg **7**% Potassium 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

### **Cereal & Grain Products**

brown rice 50 gm 900 grams 300 grams

# Dairy & Egg

egg 2 large

#### 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**

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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

# **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

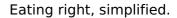
# **Uncategorized**

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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mushrooms	100 gm
onion	1 medium
potato	100 gm
	2 small
red pepper	0.5 large
shallots	0.5 oz (14 grams)
sweet corn kernels	300 gm
sweet potato	250 gm
tomatoes	7.25 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**











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** 

**Matchbox** 

**Deck of Cards** 3 oz muffin or biscuit 1 oz serving of meat 3 oz of chicken, meat, or fish

This Paperback **Book** 8 oz serving of meat

**Thumb** 1 tsp





**Shot Glass** 1 oz / 2 tbsp



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 baseball1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse

1 slice of bread = CD 3 cups of popcorn = 3 baseballs

**Dairy & Cheese** 

1 1/2 oz cheese = stacked dice

1 cup yogurt = baseball



#### 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 cards2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24

pistachios



#### Fats & Oils

1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1/2 cup ice cream = computer mouse 1 tbsp oil or mayonnaise = poker



#### **Sweets & Treats**

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

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