



Eating right, simplified.

Anti Inflammatory

DAY 1

| | | | |
|-----------------------------|----------------------------------|--------------|---------|
| Breakfast 7:00 AM | egg | 1 large | 91 cal |
| | extra virgin olive oil | 1 Tbsp | 120 cal |
| | black tea (brewed) | 16 fl oz | 28 cal |
| | oatmeal prepared with quick oats | 1 1/2 Cup(s) | 225 cal |
| | ground cinnamon | 1/2 tsp | 3 cal |
| | grapefruit | 1 fruit | 52 cal |

/ Fluid 21 fl

MEAL TOTAL: Calories 519 cal / **Carbs** 57 g (45%) / **Protein** 15 g (11%) / **Fat** 25 g (44%) oz

NOTES:

| | | | |
|--------------------------|---|-------------|---------|
| Lunch 12:00 PM | romaine lettuce | 1 Cup(s) | 8 cal |
| | drinking water | 16 fl oz | 0 cal |
| | avocado | 1/2 avocado | 161 cal |
| | white beans (boiled) | 1/2 Cup(s) | 127 cal |
| | wild rice (cooked) | 1/2 Cup(s) | 83 cal |
| | boneless skinless chicken breast (uncooked) | 4 oz | 122 cal |

/ Fluid 27 fl

MEAL TOTAL: Calories 501 cal / **Carbs** 51 g (39%) / **Protein** 37 g (28%) / **Fat** 19 g (33%) oz

NOTES:

| | | | |
|--------------------------|------------------------|------------|---------|
| Dinner 6:00 PM | drinking water | 16 fl oz | 0 cal |
| | extra virgin olive oil | 1 1/2 Tbsp | 180 cal |
| | cod fish (cooked) | 3 oz | 89 cal |
| | asparagus (boiled) | 10 spears | 33 cal |
| | spinach | 2 Cup(s) | 10 cal |
| | barley (cooked) | 1 Cup(s) | 193 cal |

/ Fluid 27 fl

MEAL TOTAL: Calories 505 cal / **Carbs** 57 g (42%) / **Protein** 29 g (21%) / **Fat** 23 g (37%) oz

NOTES:

DAY 1 TOTAL: Calories 1,525 cal / **Carbs** 165 g (42%) / **Protein** 80 g (20%) / **Fat** 67 g (38%) oz / Fluid 75 fl



Eating right, simplified.

DAY 2

| | | | |
|-----------------------------|-------------------------------------|------------|---------|
| Breakfast 7:00 AM | black tea (brewed) | 16 fl oz | 28 cal |
| | nonfat plain greek yogurt | 6 oz | 100 cal |
| | smooth peanut butter, no added salt | 1 1/2 Tbsp | 141 cal |
| | whole grain bread | 1 slice | 120 cal |
| | raw hemp seeds | 2 Tbsp | 113 cal |
| | apricot | 2 apricot | 34 cal |

/ Fluid 23 fl

MEAL TOTAL: Calories 537 cal / **Carbs** 42 g (32%) / **Protein** 36 g (27%) / **Fat** 24 g (41%) oz


NOTES:

| | | | |
|--------------------------|------------------------|------------|---------|
| Lunch 12:00 PM | extra virgin olive oil | 1 1/2 Tbsp | 180 cal |
| | romaine lettuce | 2 Cup(s) | 16 cal |
| | drinking water | 16 fl oz | 0 cal |
| | canned tuna in water | 6 oz | 146 cal |
| | tomatoes | 1 Cup(s) | 27 cal |
| | cucumber | 1 Cup(s) | 5 cal |
| | wild rice (cooked) | 1 Cup(s) | 166 cal |
| | lemon juice | 1 Tbsp | 3 cal |

/ Fluid 34 fl

MEAL TOTAL: Calories 543 cal / **Carbs** 46 g (32%) / **Protein** 42 g (30%) / **Fat** 24 g (38%) oz

NOTES:

| | | | |
|--------------------------|---|-----------|---------|
| Dinner 6:00 PM | iced green tea | 16 fl oz | 0 cal |
| |  soba noodle salad | 1 serving | 223 cal |
| | green peas (boiled) | 1 Cup(s) | 138 cal |
| | boneless skinless chicken breast (uncooked) | 5 oz | 153 cal |

/ Fluid 31 fl

MEAL TOTAL: Calories 515 cal / **Carbs** 63 g (48%) / **Protein** 44 g (33%) / **Fat** 11 g (19%) oz

NOTES:

DAY 2 TOTAL: Calories 1,595 cal / **Carbs** 151 g (37%) / **Protein** 122 g (30%) / **Fat** 59 g (33%) oz / Fluid 88 fl



Eating right, simplified.

DAY 3

| | | | |
|-----------------------------|-------------------------------------|------------|---------|
| Breakfast 7:00 AM | drinking water | 16 fl oz | 0 cal |
| | nonfat plain greek yogurt | 6 oz | 100 cal |
| | whole grain bread | 2 slice | 240 cal |
| | smooth peanut butter, no added salt | 1 1/2 Tbsp | 141 cal |
| | pineapple | 1 Cup(s) | 78 cal |

/ Fluid 25 fl

MEAL TOTAL: Calories 559 cal / **Carbs** 71 g (49%) / **Protein** 34 g (23%) / **Fat** 18 g (28%) oz


NOTES:

| | | | |
|--------------------------|------------------------|------------|---------|
| Lunch 12:00 PM | drinking water | 16 fl oz | 0 cal |
| | romaine lettuce | 2 Cup(s) | 16 cal |
| | shrimp (cooked) | 3 oz | 101 cal |
| | extra virgin olive oil | 1 1/2 Tbsp | 180 cal |
| | lemon juice | 2 Tbsp | 7 cal |
| | wild rice (cooked) | 1 Cup(s) | 166 cal |
| | asparagus (boiled) | 10 spears | 33 cal |

/ Fluid 31 fl

MEAL TOTAL: Calories 503 cal / **Carbs** 48 g (36%) / **Protein** 31 g (23%) / **Fat** 24 g (41%) oz

NOTES:

| | | | |
|--------------------------|---|-----------|---------|
| Dinner 6:00 PM | drinking water | 16 fl oz | 0 cal |
| |  soba noodle salad | 1 serving | 223 cal |
| | green peas (boiled) | 1 Cup(s) | 138 cal |
| | boneless skinless chicken breast (uncooked) | 5 oz | 153 cal |

/ Fluid 31 fl

MEAL TOTAL: Calories 515 cal / **Carbs** 63 g (48%) / **Protein** 44 g (33%) / **Fat** 11 g (19%) oz

NOTES:

DAY 3 TOTAL: Calories 1,576 cal / **Carbs** 182 g (44%) / **Protein** 109 g (27%) / **Fat** 53 g (29%) oz / Fluid 87 fl



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

| | | |
|----------------------------------|--------------|---------|
| drinking water | 16 fl oz | 0 cal |
| almonds | 1/2 oz | 81 cal |
| ginger turmeric smoothie | 1 serving | 179 cal |
| oatmeal prepared with quick oats | 1 1/2 Cup(s) | 225 cal |
| ground cinnamon | 1/2 tsp | 3 cal |

/ Fluid 21 fl

MEAL TOTAL: Calories 488 cal / **Carbs** 81 g (63%) / **Protein** 12 g (9%) / **Fat** 16 g (28%) oz

NOTES:

Lunch

12:00 PM

| | | |
|------------------------|----------|---------|
| iced green tea | 16 fl oz | 0 cal |
| extra virgin olive oil | 2 Tbsp | 240 cal |
| ahi tuna steak | 2 1/2 oz | 76 cal |
| baby bok choy | 2 Cup(s) | 20 cal |
| barley (cooked) | 1 Cup(s) | 193 cal |

/ Fluid 20 fl

MEAL TOTAL: Calories 529 cal / **Carbs** 48 g (36%) / **Protein** 21 g (15%) / **Fat** 29 g (49%) oz

NOTES:

Dinner

6:00 PM

| | | |
|------------------------|------------|---------|
| salmon (cooked) | 3 oz | 130 cal |
| white beans (boiled) | 1/2 Cup(s) | 127 cal |
| black tea (brewed) | 16 fl oz | 28 cal |
| wild rice (cooked) | 3/4 Cup(s) | 124 cal |
| asparagus (boiled) | 6 spears | 20 cal |
| kale | 1 Cup(s) | 33 cal |
| extra virgin olive oil | 1 Tbsp | 120 cal |

/ Fluid 28 fl

MEAL TOTAL: Calories 583 cal / **Carbs** 60 g (41%) / **Protein** 39 g (27%) / **Fat** 20 g (32%) oz

NOTES:

/ Fluid 68 fl

DAY 4 TOTAL: Calories 1,599 cal / **Carbs** 190 g (47%) / **Protein** 71 g (17%) / **Fat** 66 g (36%) oz



Eating right, simplified.

DAY 5

| | | | |
|-----------------------------|-------------------------------------|-----------|---------|
| Breakfast 7:00 AM | drinking water | 16 fl oz | 0 cal |
| | ginger turmeric smoothie | 1 serving | 179 cal |
| | whole grain bread | 2 slice | 240 cal |
| | smooth peanut butter, no added salt | 1 Tbsp | 94 cal |

/ Fluid 21 fl

MEAL TOTAL: Calories 513 cal / **Carbs** 80 g (59%) / **Protein** 15 g (11%) / **Fat** 18 g (30%) oz

NOTES:

| | | | |
|--------------------------|---|-----------|---------|
| Lunch 12:00 PM | drinking water | 16 fl oz | 0 cal |
| | boneless skinless chicken breast (uncooked) | 4 oz | 122 cal |
| | spaghetti squash (cooked) | 1 Cup(s) | 42 cal |
| | asparagus (boiled) | 10 spears | 33 cal |
| | extra virgin olive oil | 2 Tbsp | 240 cal |
| | grated parmesan cheese | 2 Tbsp | 43 cal |

/ Fluid 29 fl

MEAL TOTAL: Calories 480 cal / **Carbs** 17 g (13%) / **Protein** 32 g (25%) / **Fat** 35 g (62%) oz

NOTES:

| | | | |
|--------------------------|----------------------------|--------------|---------|
| Dinner 6:00 PM | extra virgin olive oil | 1 Tbsp | 120 cal |
| | iced green tea | 16 fl oz | 0 cal |
| | lean grass-fed strip steak | 3 oz | 87 cal |
| | yam (baked) | 1 1/2 Cup(s) | 237 cal |
| | green peas (boiled) | 1 Cup(s) | 138 cal |

/ Fluid 27 fl

MEAL TOTAL: Calories 582 cal / **Carbs** 82 g (54%) / **Protein** 32 g (21%) / **Fat** 17 g (25%) oz

NOTES:

DAY 5 TOTAL: Calories 1,575 cal / **Carbs** 179 g (43%) / **Protein** 79 g (19%) / **Fat** 70 g (38%) oz / Fluid 77 fl



Eating right, simplified.

DAY 6

| | | | |
|-----------------------------|-------------------------------------|----------|---------|
| Breakfast 7:00 AM | drinking water | 16 fl oz | 0 cal |
| | nonfat plain greek yogurt | 8 oz | 134 cal |
| | ground flaxseed | 2 Tbsp | 140 cal |
| | whole grain bread | 1 slice | 120 cal |
| | smooth peanut butter, no added salt | 1 Tbsp | 94 cal |
| | cantaloupe melon | 1 Cup(s) | 54 cal |

/ Fluid 27 fl

MEAL TOTAL: Calories 542 cal / **Carbs** 52 g (36%) / **Protein** 39 g (27%) / **Fat** 24 g (37%) oz

NOTES:

| | | | |
|--------------------------|---|------------|---------|
| Lunch 12:00 PM | drinking water | 16 fl oz | 0 cal |
| | tomatoes | 1/2 Cup(s) | 13 cal |
| | romaine lettuce | 2 Cup(s) | 16 cal |
| | boneless skinless chicken breast (uncooked) | 3 oz | 92 cal |
| | white beans (boiled) | 1/2 Cup(s) | 127 cal |
| | wild rice (cooked) | 1/2 Cup(s) | 83 cal |
| | extra virgin olive oil | 1 Tbsp | 120 cal |
| | yam (baked) | 3/4 Cup(s) | 118 cal |

/ Fluid 30 fl

MEAL TOTAL: Calories 569 cal / **Carbs** 75 g (50%) / **Protein** 32 g (22%) / **Fat** 18 g (28%) oz

NOTES:

| | | | |
|--------------------------|---|-----------|---------|
| Dinner 6:00 PM | drinking water | 16 fl oz | 0 cal |
| | spinach (boiled) | 1 Cup(s) | 41 cal |
| | extra virgin olive oil | 1 Tbsp | 120 cal |
| | cod fish (cooked) | 3 oz | 89 cal |
| |  spaghetti squash with pesto & mushrooms | 1 serving | 251 cal |

/ Fluid 31 fl

MEAL TOTAL: Calories 502 cal / **Carbs** 28 g (21%) / **Protein** 31 g (23%) / **Fat** 33 g (56%) oz

NOTES:

DAY 6 TOTAL: Calories 1,613 cal / **Carbs** 155 g (36%) / **Protein** 102 g (24%) / **Fat** 75 g (40%) oz / Fluid 89 fl



Eating right, simplified.

DAY 7

Breakfast
7:00 AM

| | | |
|---------------------------|---------------|---------|
| egg (hard boiled) | 1 large | 78 cal |
| banana | 1 extra large | 135 cal |
| drinking water | 16 fl oz | 0 cal |
| nonfat plain greek yogurt | 8 oz | 134 cal |
| ground flaxseed | 2 Tbsp | 140 cal |
| grapefruit | 1 fruit | 52 cal |

/ Fluid 31 fl

MEAL TOTAL: Calories 538 cal / **Carbs** 65 g (45%) / **Protein** 38 g (26%) / **Fat** 19 g (29%) oz

NOTES:

Lunch
12:00 PM

| | | |
|------------------------|----------|---------|
| drinking water | 16 fl oz | 0 cal |
| extra virgin olive oil | 1 Tbsp | 120 cal |
| ahi tuna steak | 2 1/2 oz | 76 cal |
| wild rice (cooked) | 1 Cup(s) | 166 cal |
| asparagus (boiled) | 6 spears | 20 cal |
| green peas (boiled) | 1 Cup(s) | 138 cal |

/ Fluid 27 fl

MEAL TOTAL: Calories 519 cal / **Carbs** 65 g (48%) / **Protein** 33 g (25%) / **Fat** 16 g (27%) oz

NOTES:

Dinner
6:00 PM

| | | |
|---|-----------|---------|
| drinking water | 16 fl oz | 0 cal |
| boneless skinless chicken breast (uncooked) | 4 oz | 122 cal |
| spaghetti squash with pesto & mushrooms | 1 serving | 251 cal |
| romaine lettuce | 2 Cup(s) | 16 cal |
| extra virgin olive oil | 1 Tbsp | 120 cal |

/ Fluid 29 fl

MEAL TOTAL: Calories 509 cal / **Carbs** 25 g (18%) / **Protein** 30 g (22%) / **Fat** 36 g (60%) oz

NOTES:

DAY 7 TOTAL: Calories 1,567 cal / **Carbs** 154 g (37%) / **Protein** 101 g (24%) / **Fat** 70 g (39%) oz / Fluid 88 fl



4 Servings

soba noodle salad

Ingredients

| | |
|--|------------|
| buckwheat soba noodles | 8 oz |
| extra virgin olive oil | 1/2 Tbsp |
| mushrooms shiitake raw | 16 oz |
| onion | 1 medium |
| carrots | 1 medium |
| red pepper | 1/2 Cup(s) |
| garlic | 2 clove |
| ginger root | 2 tsp |
| baby bok choy | 2 Cup(s) |
| kale | 2 Cup(s) |
| drinking water | 1/4 Cup(s) |
| sesame oil | 1 Tbsp |
| rice vinegar | 1 oz |
| 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** 27 fl oz

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.



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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.

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1 Servings

ginger turmeric smoothie

Ingredients

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

Nutrition Totals

Calories 179 / **Carbs** 37 g / **Protein** 1 g / **Fat** 5 g / **Fluid** 5 fl oz

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.



Eating right, simplified.

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 | | |

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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 |
| kale | 2 Cup(s) |
| spaghetti squash (cooked) | 4 Cup(s) |
| crushed red pepper flakes | 1/4 tsp |
| classic basil pesto | 4 oz |
| grated parmesan cheese | 2 Tbsp |

Nutrition Totals

Calories 1004 / **Carbs** 86 g / **Protein** 24 g / **Fat** 71 g / **Fluid** 30 fl oz

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.



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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 | |

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Shopping List

Accompaniments

| | |
|--|----------|
| classic basil pesto | 2 oz |
| honey | 2 tsp |
| rice vinegar | 0.5 oz |
| sriracha, hot chili sauce | 0.12 tsp |
| teriyaki marinade & sauce, less sodium | 1 Tbsp |

Beef

| | |
|----------------------------|------|
| lean grass-fed strip steak | 3 oz |
|----------------------------|------|

Beverages

| | |
|------------------------------------|-------------|
| black tea (brewed) | 48 fl oz |
| coconut milk beverage, unsweetened | 2 Cup(s) |
| drinking water | 240 fl oz |
| | 0.12 Cup(s) |
| iced green tea | 48 fl oz |

Bread

| | |
|-------------------|---------|
| whole grain bread | 6 slice |
|-------------------|---------|

Cereal & Grain Products

| | |
|----------------------------------|-------------|
| barley | 2 Cup(s) |
| buckwheat soba noodles | 4 oz |
| oatmeal prepared with quick oats | 3 Cup(s) |
| wild rice | 4.75 Cup(s) |

Dairy & Egg

| | |
|---------------------------|---------|
| egg | 2 large |
| grated parmesan cheese | 3 Tbsp |
| nonfat plain greek yogurt | 28 oz |

Fats & Oils

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| | |
|------------------------|------------|
| extra virgin olive oil | 16.26 Tbsp |
| sesame oil | 0.5 Tbsp |

Finfish & Shellfish

| | |
|----------------------|------|
| ahi tuna steak | 5 oz |
| canned tuna in water | 6 oz |
| cod fish | 6 oz |
| salmon | 3 oz |
| shrimp | 3 oz |

Fruits & Juices

| | |
|------------------|---------------|
| apricot | 2 apricot |
| avocado | 0.5 avocado |
| banana | 2 extra large |
| cantaloupe melon | 1 Cup(s) |
| grapefruit | 2 fruit |
| lemon juice | 5 Tbsp |
| pineapple | 2 Cup(s) |

Legumes & Beans

| | |
|-------------|------------|
| white beans | 1.5 Cup(s) |
|-------------|------------|

Nuts & Seeds

| | |
|-------------------------------------|--------|
| almonds | 0.5 oz |
| ground flaxseed | 4 Tbsp |
| raw hemp seeds | 2 Tbsp |
| smooth peanut butter, no added salt | 5 Tbsp |

Poultry

| | |
|---|-------|
| boneless skinless chicken breast (uncooked) | 25 oz |
|---|-------|

Spices & Herbs

| | |
|---------------------------|----------|
| crushed red pepper flakes | 0.12 tsp |
| ground cinnamon | 1 tsp |

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Eating right, simplified.

Uncategorized

| | |
|-------------------------------|----------------|
| mushrooms shiitake raw | 10 oz |
| spices turmeric ground | 0.5 tsp |

Vegetables

| | |
|-------------------------|--------------------|
| asparagus | 42 spears |
| baby bok choy | 3 Cup(s) |
| carrots | 0.5 medium |
| cucumber | 1 Cup(s) |
| garlic | 3 clove |
| ginger root | 3 tsp |
| green peas | 4 Cup(s) |
| kale | 3 Cup(s) |
| onion | 1 medium |
| red pepper | 0.26 Cup(s) |
| romaine lettuce | 9 Cup(s) |
| spaghetti squash | 3 Cup(s) |
| spinach | 3 Cup(s) |
| tomatoes | 1.5 Cup(s) |
| yam | 2.25 Cup(s) |
















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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 |