



Eating right, simplified.

# Mediterranean (A) - 4 meals/day

## DAY 1

<b>Breakfast</b> 7:00 AM	drinking water	8 fl oz	0 cal
	egg	1 large	91 cal
	extra virgin olive oil	1 Tbsp	120 cal
	tomatoes	1/2 Cup(s)	13 cal
	spinach (boiled)	1 Cup(s)	41 cal
	feta cheese	1 oz	75 cal
	whole wheat bread	1 slice	100 cal

/ Fluid 18 fl

**MEAL TOTAL: Calories** 441 cal / **Carbs** 32 g (27%) / **Protein** 21 g (18%) / **Fat** 29 g (55%) oz

### NOTES:

<b>Snack</b> 10:00 AM	apple	1 large	110 cal
	drinking water	16 fl oz	0 cal
	walnuts	3/4 oz	137 cal

/ Fluid 22 fl

**MEAL TOTAL: Calories** 248 cal / **Carbs** 32 g (47%) / **Protein** 4 g (6%) / **Fat** 14 g (47%) oz

### NOTES:

<b>Lunch</b> 12:00 PM	turkey breast (cooked)	2 oz	77 cal
	baby carrots	10 large	53 cal
	romaine lettuce	3 leaf	3 cal
	tomatoes	1/4 Cup(s)	8 cal
	drinking water	16 fl oz	0 cal
	whole wheat pita bread	1 large	170 cal
	avocado	1/4 avocado	80 cal

/ Fluid 26 fl

**MEAL TOTAL: Calories** 391 cal / **Carbs** 54 g (52%) / **Protein** 26 g (25%) / **Fat** 10 g (23%) oz

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**Dinner**  
6:00 PM

broccoli (boiled)	1 Cup(s)	55 cal
cod fish	2 oz	46 cal
black beans (boiled)	1/2 Cup(s)	114 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
couscous (cooked)	3/4 Cup(s)	132 cal

/ Fluid 27 fl

**MEAL TOTAL: Calories** 406 cal / **Carbs** 59 g (56%) / **Protein** 26 g (25%) / **Fat** 9 g (19%) oz

**NOTES:**

/ Fluid 93 fl

**DAY 1 TOTAL: Calories** 1,486 cal / **Carbs** 177 g (45%) / **Protein** 76 g (19%) / **Fat** 62 g (36%) oz

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## DAY 2

<b>Breakfast</b> 7:00 AM	drinking water	8 fl oz	0 cal
	oat bran flakes cereal	1 1/4 Cup(s)	223 cal
	skim milk, calcium added	1 Cup(s)	86 cal
	banana	1 extra large	135 cal

/ Fluid 20 fl

**MEAL TOTAL: Calories** 445 cal / **Carbs** 93 g (81%) / **Protein** 16 g (14%) / **Fat** 3 g (5%) oz

### NOTES:

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	grapes	4 oz	65 cal
	almonds	3/4 oz	122 cal
	fig	2 medium	74 cal

/ Fluid 22 fl

**MEAL TOTAL: Calories** 260 cal / **Carbs** 40 g (55%) / **Protein** 6 g (9%) / **Fat** 11 g (36%) oz

### NOTES:

<b>Lunch</b> 12:00 PM	balsamic vinegar	1/2 Tbsp	7 cal
	whole wheat dinner roll	1 roll	74 cal
	extra virgin olive oil	1 Tbsp	120 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	16 fl oz	0 cal
	canned tuna in water	3 oz	73 cal
	tomatoes	1 Cup(s)	27 cal
feta cheese	1 oz	75 cal	

/ Fluid 27 fl

**MEAL TOTAL: Calories** 392 cal / **Carbs** 26 g (25%) / **Protein** 26 g (25%) / **Fat** 23 g (50%) oz

### NOTES:

<b>Dinner</b> 6:00 PM	spinach (boiled)	1 Cup(s)	41 cal
	sweet potato (baked)	4 small	216 cal
	drinking water	16 fl oz	0 cal
	 mediterranean chicken	1 serving	186 cal

/ Fluid 31 fl

**MEAL TOTAL: Calories** 443 cal / **Carbs** 57 g (50%) / **Protein** 33 g (29%) / **Fat** 11 g (21%) oz

### NOTES:

**DAY 2 TOTAL: Calories** 1,541 cal / **Carbs** 215 g (53%) / **Protein** 81 g (20%) / **Fat** 48 g (27%) oz / Fluid 99 fl

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### DAY 3

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	whole wheat english muffin	1 muffin	134 cal
	skim milk, calcium added	1 Cup(s)	86 cal
	almond butter	1 Tbsp	100 cal
	blueberries	1 Cup(s)	83 cal

/ Fluid 29 fl

**MEAL TOTAL: Calories** 403 cal / **Carbs** 63 g (60%) / **Protein** 18 g (18%) / **Fat** 10 g (22%) oz

#### NOTES:

<b>Snack</b> 10:00 AM	egg (hard boiled)	1 large	78 cal
	banana	1 extra large	135 cal
	drinking water	16 fl oz	0 cal
	fig	1 medium	37 cal

/ Fluid 22 fl

**MEAL TOTAL: Calories** 250 cal / **Carbs** 45 g (68%) / **Protein** 8 g (12%) / **Fat** 6 g (20%) oz

#### NOTES:

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	mediterranean sprouted lentil salad	1 serving	254 cal
	shrimp (cooked)	3 oz	101 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

/ Fluid 28 fl

**MEAL TOTAL: Calories** 431 cal / **Carbs** 34 g (30%) / **Protein** 29 g (25%) / **Fat** 23 g (45%) oz

#### NOTES:

<b>Dinner</b> 6:00 PM	italian chicken	1/2 serving	132 cal
	kale (boiled)	1 Cup(s)	36 cal
	drinking water	16 fl oz	0 cal
	macaroni (cooked)	1 Cup(s)	174 cal
	feta cheese	1 oz	75 cal

/ Fluid 25 fl

**MEAL TOTAL: Calories** 416 cal / **Carbs** 47 g (43%) / **Protein** 27 g (25%) / **Fat** 16 g (32%) oz

#### NOTES:

**DAY 3 TOTAL: Calories** 1,500 cal / **Carbs** 188 g (48%) / **Protein** 82 g (21%) / **Fat** 55 g (31%) oz / Fluid 105 fl



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## DAY 4

<b>Breakfast</b> 7:00 AM	blueberries	1 Cup(s)	83 cal
	whole grain rolled oats	1/2 Cup(s)	150 cal
	egg (hard boiled)	1 large	78 cal
	drinking water	16 fl oz	0 cal
	almonds	1/2 oz	81 cal

/ Fluid 21 fl

**MEAL TOTAL: Calories** 391 cal / **Carbs** 52 g (53%) / **Protein** 10 g (10%) / **Fat** 16 g (37%) oz

### NOTES:

<b>Snack</b> 10:00 AM	drinking water	8 fl oz	0 cal
	pear	1 large	119 cal
	skim milk, calcium added	1 Cup(s)	86 cal
	walnuts	1/4 oz	46 cal

/ Fluid 22 fl

**MEAL TOTAL: Calories** 251 cal / **Carbs** 45 g (67%) / **Protein** 10 g (15%) / **Fat** 5 g (18%) oz

### NOTES:

<b>Lunch</b> 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	whole wheat pita bread	1 large	170 cal
	romaine lettuce	1 Cup(s)	8 cal
	iced green tea	16 fl oz	0 cal
	 italian chicken	1/2 serving	132 cal
	extra virgin olive oil	1 Tbsp	120 cal

/ Fluid 20 fl

**MEAL TOTAL: Calories** 444 cal / **Carbs** 40 g (35%) / **Protein** 20 g (17%) / **Fat** 24 g (48%) oz

### NOTES:

<b>Dinner</b> 6:00 PM	drinking water	16 fl oz	0 cal
	 mediterranean sprouted lentil salad	1/2 serving	127 cal
	couscous (cooked)	1/2 Cup(s)	88 cal
	green snap beans	1 Cup(s)	34 cal
	salmon (cooked)	3 oz	130 cal
	feta cheese	1 oz	75 cal

/ Fluid 27 fl

**MEAL TOTAL: Calories** 454 cal / **Carbs** 42 g (36%) / **Protein** 34 g (29%) / **Fat** 18 g (35%) oz

### NOTES:

**DAY 4 TOTAL: Calories** 1,540 cal / **Carbs** 179 g (45%) / **Protein** 74 g (19%) / **Fat** 63 g (36%) oz / Fluid 90 fl

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## DAY 5

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	egg	1 large	91 cal
	extra virgin olive oil	1 Tbsp	120 cal
	tomatoes	1 Cup(s)	27 cal
	spinach (boiled)	1 Cup(s)	41 cal
	feta cheese	1/2 oz	37 cal
	whole wheat bread	1 slice	100 cal

/ Fluid 28 fl

**MEAL TOTAL: Calories** 417 cal / **Carbs** 34 g (30%) / **Protein** 20 g (18%) / **Fat** 26 g (52%) oz

### NOTES:

<b>Snack</b> 10:00 AM	almond butter	1 1/2 Tbsp	150 cal
	apple	1 large	110 cal
	drinking water	16 fl oz	0 cal

/ Fluid 22 fl

**MEAL TOTAL: Calories** 260 cal / **Carbs** 34 g (50%) / **Protein** 5 g (8%) / **Fat** 12 g (42%) oz

### NOTES:

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	whole wheat pita bread	1 large	170 cal
	tomatoes	1/2 Cup(s)	16 cal
	baby carrots	20 large	105 cal
	romaine lettuce	3 leaf	3 cal
	boneless skinless chicken breast (uncooked)	3 oz	92 cal

/ Fluid 31 fl

**MEAL TOTAL: Calories** 386 cal / **Carbs** 64 g (63%) / **Protein** 26 g (26%) / **Fat** 5 g (11%) oz

### NOTES:

<b>Dinner</b> 6:00 PM	drinking water	16 fl oz	0 cal
	📄 shell pasta with artichokes in garlic & olive oil	1 serving	386 cal
	shrimp (cooked)	2 oz	67 cal
	broccoli (boiled)	1/2 Cup(s)	27 cal

/ Fluid 20 fl

**MEAL TOTAL: Calories** 481 cal / **Carbs** 54 g (45%) / **Protein** 22 g (18%) / **Fat** 20 g (37%) oz

### NOTES:

**DAY 5 TOTAL: Calories** 1,544 cal / **Carbs** 186 g (46%) / **Protein** 74 g (18%) / **Fat** 64 g (36%) oz / Fluid 102 fl



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## DAY 6

<b>Breakfast</b> 7:00 AM	drinking water	8 fl oz	0 cal
	whole wheat english muffin	1 muffin	134 cal
	almond butter	1 Tbsp	100 cal
	skim milk, calcium added	1 Cup(s)	86 cal
	blueberries	1 Cup(s)	83 cal

/ Fluid 21 fl

**MEAL TOTAL: Calories** 403 cal / **Carbs** 63 g (60%) / **Protein** 18 g (18%) / **Fat** 10 g (22%) oz


### NOTES:

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	lowfat cottage cheese, 2%	1/2 Cup(s)	97 cal
	fig	2 medium	74 cal
	walnuts	1/2 oz	92 cal

/ Fluid 22 fl

**MEAL TOTAL: Calories** 263 cal / **Carbs** 25 g (37%) / **Protein** 16 g (24%) / **Fat** 12 g (39%) oz

### NOTES:

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	romaine lettuce	3 leaf	3 cal
	 shell pasta with artichokes in garlic & olive oil	1/2 serving	193 cal
	balsamic vinegar	1 Tbsp	14 cal
	olive oil	1 Tbsp	119 cal
	boneless skinless chicken breast (uncooked)	2 oz	61 cal

/ Fluid 23 fl

**MEAL TOTAL: Calories** 418 cal / **Carbs** 33 g (31%) / **Protein** 17 g (16%) / **Fat** 25 g (53%) oz

### NOTES:

<b>Dinner</b> 6:00 PM	drinking water	16 fl oz	0 cal
	spinach (boiled)	1 Cup(s)	41 cal
	 citrus broiled salmon	1/2 serving	162 cal
	macaroni (cooked)	3/4 Cup(s)	130 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

/ Fluid 28 fl

**MEAL TOTAL: Calories** 394 cal / **Carbs** 44 g (42%) / **Protein** 30 g (29%) / **Fat** 13 g (29%) oz

### NOTES:

**DAY 6 TOTAL: Calories** 1,477 cal / **Carbs** 165 g (43%) / **Protein** 81 g (21%) / **Fat** 61 g (36%) oz / Fluid 94 fl



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## DAY 7

<b>Breakfast</b> 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
	walnuts	1/2 oz	92 cal

/ Fluid 28 fl

**MEAL TOTAL: Calories** 438 cal / **Carbs** 45 g (40%) / **Protein** 33 g (29%) / **Fat** 16 g (31%) oz

### NOTES:

<b>Snack</b> 10:00 AM	baby carrots	20 large	105 cal
	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	hummus, lower sodium	3 Tbsp	78 cal

/ Fluid 31 fl

**MEAL TOTAL: Calories** 210 cal / **Carbs** 37 g (67%) / **Protein** 7 g (12%) / **Fat** 5 g (21%) oz

### NOTES:

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	 citrus broiled salmon	1/2 serving	162 cal
	whole wheat pita bread	1 large	170 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

/ Fluid 26 fl

**MEAL TOTAL: Calories** 419 cal / **Carbs** 51 g (47%) / **Protein** 27 g (24%) / **Fat** 14 g (29%) oz

### NOTES:

<b>Dinner</b> 6:00 PM	sweet potato (baked)	2 small	108 cal
	kale (boiled)	1 Cup(s)	36 cal
	drinking water	16 fl oz	0 cal
	boneless skinless chicken breast (uncooked)	3 oz	92 cal
	extra virgin olive oil	1 Tbsp	120 cal

/ Fluid 25 fl

**MEAL TOTAL: Calories** 356 cal / **Carbs** 32 g (35%) / **Protein** 22 g (24%) / **Fat** 17 g (41%) oz

### NOTES:

**DAY 7 TOTAL: Calories** 1,424 cal / **Carbs** 165 g (44%) / **Protein** 89 g (24%) / **Fat** 52 g (32%) oz / Fluid 110 fl





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4 Servings

# mediterranean chicken

## Ingredients

garlic	1 clove
boneless skinless chicken breast (uncooked)	16 oz
olive oil	2 Tbsp
lemon juice	3 Tbsp

## Nutrition Totals

**Calories** 743 / **Carbs** 4 g / **Protein** 93 g / **Fat** 41 g / **Fluid** 13 fl oz

## Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
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).

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# Nutrition Label

<b>Mediterranean Chicken</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>186</b>
	<b>% Daily Value*</b>	
<b>Total Fat</b> 10.1g		<b>16%</b>
Saturated Fat 1.5g		<b>8%</b>
Trans Fat 0g		
<b>Cholesterol</b> 72.5mg		<b>24%</b>
<b>Sodium</b> 196.5mg		<b>8%</b>
<b>Total Carbohydrates</b> 1g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Total Sugar 0.2g		
<b>Protein</b> 23.1g		
<b>Vitamin D</b> 2.2IU		<b>0%</b>
<b>Calcium</b> 7.7mg		<b>1%</b>
<b>Iron</b> 0.4mg		<b>2%</b>
<b>Potassium</b> 391.4mg		

\* 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

# Mediterranean Sprouted Lentil Salad

## Ingredients

carrots	1/2 Cup(s)
garlic	1 clove
sprouted lentils	1 Cup(s)
thyme, dried	1 tsp
celery	1/2 Cup(s)
olive oil	1 Tbsp
lemon juice	3 Tbsp
parsley	2 tsp

## Nutrition Totals

**Calories** 254 / **Carbs** 30 g / **Protein** 8 g / **Fat** 14 g / **Fluid** 7 fl oz

## Instructions

1. Dice carrots and mince garlic.
2. Place in a saucepan along with dried lentils and thyme.
3. Add enough water to cover by 1 inch.
4. Bring to a boil, reduce heat, and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.
5. Drain lentils and vegetables.
6. Dice celery and add to lentils/vegetables.
7. Drizzle with olive oil and lemon juice. Add salt and pepper to taste.
8. Gently toss and garnish with chopped fresh parsley.



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# Nutrition Label

<b>Mediterranean Sprouted Lentil Salad</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>254</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	14.3g	<b>22%</b>
Saturated Fat	2g	<b>10%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	96.2mg	<b>4%</b>
<b>Total Carbohydrates</b>	29.6g	<b>10%</b>
Dietary Fiber	3.2g	<b>13%</b>
Total Sugar	5.1g	
<b>Protein</b>	8.3g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	91.2mg	<b>9%</b>
<b>Iron</b>	4.3mg	<b>24%</b>
<b>Potassium</b>	665.8mg	

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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

## Nutrition Totals

**Calories** 263 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

## 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).

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# Nutrition Label

<b>Italian Chicken</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>263</b>
		<b>% Daily Value*</b>
<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	

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2 Servings

# shell pasta with artichokes in garlic & olive oil

## Ingredients

pasta shells	1 1/3 Cup(s)
olive oil	2 Tbsp
garlic	2 clove
marinated artichoke hearts, quartered	10 piezes

## Nutrition Totals

**Calories** 773 / **Carbs** 96 g / **Protein** 15 g / **Fat** 38 g / **Fluid** 0 fl oz

## Instructions

1. Cook pasta according to package directions (omit salt). Drain and set aside.
2. Heat olive oil in a medium skillet.
3. Mince garlic cloves and add to hot oil.
4. Cook for 3-5 minutes over medium heat, or until garlic is tender.
5. Add in drained artichoke hearts and cooked pasta.
6. Garnish with fresh basil.



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# Nutrition Label

<b>Shell Pasta With Artichokes In Garlic &amp; Olive Oil</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>386</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	19.1g	<b>30%</b>
Saturated Fat	2g	<b>10%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	200.7mg	<b>8%</b>
<b>Total Carbohydrates</b>	47.9g	<b>16%</b>
Dietary Fiber	4.5g	<b>18%</b>
Total Sugar	1.3g	
<b>Protein</b>	7.5g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	18.8mg	<b>2%</b>
<b>Iron</b>	2.5mg	<b>14%</b>
<b>Potassium</b>	12.1mg	

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Eating right, simplified.



1 Servings

# citrus broiled salmon

## Ingredients

orange	1 fruit
onion	1/4 small
fish salmon coho wild raw	6 oz

## Nutrition Totals

**Calories** 324 / **Carbs** 19 g / **Protein** 38 g / **Fat** 10 g / **Fluid** 9 fl oz

## Instructions

1. Preheat the oven to broiler setting.
2. Peel and pith orange; slice crosswise into 1/4 inch rounds.
3. Finely slice onion into thin pieces.
4. Season salmon with salt and pepper to taste.
5. Place salmon on broiling pan.
6. Place the pan 4 -6 inches from heat. Cook for 7-8 minutes under the preheated broiler.
7. Remove from broiler just before cooked through.
8. Arrange orange rounds on top. Sprinkle with onions and cracked black pepper.
9. Broil 1 minute longer, or until salmon is browned and opaque.

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Eating right, simplified.

# Nutrition Label

<b>Citrus Broiled Salmon</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>324</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.3g	<b>16%</b>
Saturated Fat 2.1g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 76.5mg	<b>26%</b>
<b>Sodium</b> 80.3mg	<b>3%</b>
<b>Total Carbohydrates</b> 19.1g	<b>6%</b>
Dietary Fiber 3.3g	<b>14%</b>
Total Sugar 12.6g	
<b>Protein</b> 38.2g	
<b>Vitamin D</b> 614IU	<b>102%</b>
<b>Calcium</b> 125.4mg	<b>13%</b>
<b>Iron</b> 1.1mg	<b>7%</b>
<b>Potassium</b> 977.4mg	

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Eating right, simplified.

# Shopping List

## Beverages

drinking water	400 fl oz
iced green tea	16 fl oz

## Bread

whole wheat bread	2 slice
whole wheat dinner roll	1 roll
whole wheat english muffin	2 muffin
whole wheat pita bread	4 large

## Cereal & Grain Products

couscous	1.25 Cup(s)
macaroni	1.75 Cup(s)
oat bran flakes cereal	1.25 Cup(s)
pasta shells	1 Cup(s)
whole grain rolled oats	0.5 Cup(s)

## Dairy & Egg

egg	5 large
feta cheese	4.5 oz
lowfat cottage cheese, 2%	0.5 Cup(s)
nonfat plain greek yogurt	8 oz
skim milk, calcium added	4 Cup(s)

## Fats & Oils

extra virgin olive oil	7 Tbsp
olive oil	5.5 Tbsp

## Finfish & Shellfish

canned tuna in water	3 oz
cod fish	2 oz
salmon	3 oz
shrimp	5 oz

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## Fruits & Juices

apple	2 large
avocado	0.25 avocado
banana	3 extra large
blueberries	3 Cup(s)
grapes	4 oz
lemon juice	6.25 Tbsp
orange	1 fruit
pear	1 large

## Ingredients

balsamic vinegar	2.5 Tbsp
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## Legumes & Beans

black beans	0.5 Cup(s)
green snap beans	1 Cup(s)
hummus, lower sodium	3 Tbsp
sprouted lentils	1.5 Cup(s)

## Nuts & Seeds

almond butter	3.5 Tbsp
almonds	1.25 oz
walnuts	2 oz

## Poultry

boneless skinless chicken breast (uncooked)	12 oz
skinless chicken breast	4 oz
turkey breast (cooked)	2 oz

## Spices & Herbs

parsley	3 tsp
thyme, dried	1.5 tsp

## Uncategorized

fig	5 medium
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Eating right, simplified.

**fish salmon coho wild raw**

**6 oz**

## **Vegetables**

**baby carrots**

**50 large**

**broccoli**

**1.5 Cup(s)**

**carrots**

**0.75 Cup(s)**

**celery**

**0.75 Cup(s)**

**garlic**

**4.25 clove**

**kale**

**2 Cup(s)**

**marinated artichoke hearts, quartered**

**7.5 piezes**

**onion**

**0.26 small**

**romaine lettuce**

**9 leaf**

**5 Cup(s)**

**spinach**

**4 Cup(s)**

**sweet potato**

**6 small**

**tomatoes**

**6.25 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

 <b>Golf Ball</b> 1/4 cup / 1 oz / 2 tbsp	 <b>Tennis Ball</b> 1 cup	 <b>Computer Mouse</b> 1/2 cup	 <b>Baseball</b> 1 cup	 <b>Rounded Handful</b> 1/2 cup 1 oz dried goods
 <b>Hockey Puck</b> 3 oz muffin or biscuit	 <b>Matchbox</b> 1 oz serving of meat	 <b>Deck of Cards</b> 3 oz of chicken, meat, or fish	 <b>This Paperback Book</b> 8 oz serving of meat	 <b>Thumb</b> 1 tsp
 <b>Poker Chip</b> 1 tbsp	 <b>Shot Glass</b> 1 oz / 2 tbsp	 <b>CD</b> 1 slice of bread 1 oz lunch meat	 <b>3 Dice</b> 1 1/2 oz cheese	 <b>Kids' Milk Carton</b> 8 oz drink

## Useful Examples

 <b>Bread &amp; Grains</b> 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	 <b>Fruits &amp; Vegetables</b> 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	 <b>Meats, Fish &amp; Nuts</b> 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
 <b>Dairy &amp; Cheese</b> 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	 <b>Fats &amp; Oils</b> 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 <b>Sweets &amp; Treats</b> 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox