



# 4 meals/day - Low Carb 1219 (C) - Female

## DAY 1

<b>Breakfast</b> 7:00 AM	tomatoes juice, low-sodium	1/2 Cup(s)	27 cal
	whole eggs, poached	1 large	72 cal
	oat bran, cooked	1/4 Cup(s)	22 cal
	egg whites, cooked	5 large	86 cal
	milk, 1%	1 Cup(s)	120 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 26 g (32%) / **Protein** 37 g (45%) / **Fat** 8 g (22%) / **Fluid** 12

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	cottage cheese, non-fat	1 1/2 Cup(s)	157 cal

MEAL TOTAL: **Calories** 157 cal / **Carbs** 14 g (37%) / **Protein** 22 g (57%) / **Fat** 1 g (4%) / **Fluid** 22

NOTES:

<b>Lunch</b> 12:00 PM	dijon mustard	1 tsp	5 cal
	romaine lettuce	3 leaf	3 cal
	tomatoes	1/4 Cup(s)	8 cal
	chicken, boneless, roasted	170 gm	284 cal
	drinking water	2 Cup(s)	0 cal
	bread, high-protein	1/2 slices	76 cal
	provolone cheese, reduced fat, sliced	1 slice	50 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 11 g (10%) / **Protein** 56 g (52%) / **Fat** 16 g (33%) / **Fluid** 22

NOTES:

<b>Dinner</b> 6:00 PM	olive oil	3/4 Tbsp	90 cal
	brussels sprouts, no salt, boiled	10 sprout	76 cal
	halibut fish, cooked	4 oz	126 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 291 cal / **Carbs** 15 g (20%) / **Protein** 31 g (42%) / **Fat** 13 g (40%) / **Fluid** 25

NOTES:

**DAY 1 TOTAL: Calories** 1,200 cal / **Carbs** 67 g (22%) / **Protein** 146 g (49%) / **Fat** 38 g (28%) / **Fluid** 81



## DAY 2

<b>Breakfast</b> 7:00 AM	milk, 1%	1 Cup(s)	120 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	8 large	137 cal

MEAL TOTAL: **Calories** 257 cal / **Carbs** 15 g (23%) / **Protein** 39 g (60%) / **Fat** 3 g (10%) / **Fluid** 16

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	almond butter	2 Tbsp	200 cal
	apples	1/2 small	28 cal

MEAL TOTAL: **Calories** 228 cal / **Carbs** 13 g (23%) / **Protein** 6 g (11%) / **Fat** 16 g (64%) / **Fluid** 18

NOTES:

<b>Lunch</b> 12:00 PM	romaine lettuce	3 leaf	3 cal
	olive oil, mayonnaise, light	1/2 Tbsp	25 cal
	tuna fish, very low-sodium, in water	8 oz	224 cal
	drinking water	2 Cup(s)	0 cal
	baby carrots	5 large	26 cal
	whole wheat tortillas, low-carb	1/2 tortilla	40 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 16 g (20%) / **Protein** 56 g (70%) / **Fat** 7 g (21%) / **Fluid** 19

NOTES:

<b>Dinner</b> 6:00 PM	black beans, no salt, boiled	1/4 Cup(s)	57 cal
	beef t-bone, broiled	4 oz	214 cal
	drinking water	2 Cup(s)	0 cal
	mustard greens, no salt, boiled	1 cup, chopped	36 cal
	olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 367 cal / **Carbs** 17 g (18%) / **Protein** 37 g (40%) / **Fat** 17 g (43%) / **Fluid** 24

NOTES:

**DAY 2 TOTAL: Calories** 1,169 cal / **Carbs** 61 g (21%) / **Protein** 138 g (47%) / **Fat** 44 g (34%) / **Fluid** 76



## DAY 3

<b>Breakfast</b> 7:00 AM	drinking water	2 Cup(s)	0 cal
	milk, 1%	1 1/2 Cup(s)	180 cal
	cereal, high-protein	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 284 cal / **Carbs** 37 g (52%) / **Protein** 24 g (34%) / **Fat** 5 g (14%) / **Fluid** 16

NOTES:

<b>Snack</b> 10:00 AM	apples	1/2 small	28 cal
	drinking water	2 Cup(s)	0 cal
	almond butter	1 Tbsp	100 cal
	provolone cheese, reduced fat, sliced	1 slice	50 cal

MEAL TOTAL: **Calories** 178 cal / **Carbs** 10 g (23%) / **Protein** 8 g (18%) / **Fat** 11 g (56%) / **Fluid** 18

NOTES:

<b>Lunch</b> 12:00 PM	romaine lettuce	2 Cup(s)	16 cal
	iced tea, green	16 fl. oz.	0 cal
	beef t-bone, broiled	5 oz	268 cal
	balsamic vinegar	1 Tbsp	14 cal
	turkey breast, roasted	2 oz	77 cal

MEAL TOTAL: **Calories** 375 cal / **Carbs** 6 g (6%) / **Protein** 55 g (58%) / **Fat** 14 g (33%) / **Fluid** 24

NOTES:

<b>Dinner</b> 6:00 PM	peas & onions, no salt, boiled	1/2 Cup(s)	41 cal
	drinking water	2 Cup(s)	0 cal
	shrimp, cooked	5 oz	169 cal
	crab ceviche	2 serving	162 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 19 g (21%) / **Protein** 54 g (58%) / **Fat** 8 g (20%) / **Fluid** 30

NOTES:

**DAY 3 TOTAL: Calories** 1,207 cal / **Carbs** 72 g (24%) / **Protein** 141 g (47%) / **Fat** 37 g (28%) / **Fluid** 87



## DAY 4

### Breakfast

7:00 AM

whole eggs, poached	1 large	72 cal
salsa, ready to serve	2 Tbsp	10 cal
drinking water	2 Cup(s)	0 cal
bread, high-protein	1/2 slices	76 cal
egg whites, cooked	8 large	137 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 13 g (18%) / **Protein** 43 g (58%) / **Fat** 7 g (20%) / **Fluid** 26

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	1 Cup(s)	104 cal
pumpkin seeds, low-carb, roasted	1/4 Cup(s)	80 cal

MEAL TOTAL: **Calories** 184 cal / **Carbs** 11 g (24%) / **Protein** 19 g (41%) / **Fat** 7 g (34%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
scallops	6 oz	117 cal
crab ceviche	2 serving	162 cal
corn tortillas, no salt	1 tortilla	58 cal

MEAL TOTAL: **Calories** 337 cal / **Carbs** 27 g (32%) / **Protein** 41 g (49%) / **Fat** 7 g (19%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
mustard greens, no salt, boiled	1 cup, chopped	36 cal
navy beans, no salt, boiled	1/3 Cup(s)	85 cal
pork tenderloin, lean, cooked	4 oz	162 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 22 g (22%) / **Protein** 38 g (38%) / **Fat** 19 g (41%) / **Fluid** 24

NOTES:

**DAY 4 TOTAL: Calories** 1,218 cal / **Carbs** 73 g (24%) / **Protein** 142 g (47%) / **Fat** 39 g (29%) / **Fluid** 99



## DAY 5

<b>Breakfast</b> 7:00 AM	milk, 1%	1 1/2 Cup(s)	180 cal
	whole egg omelet, cooked	1 large	94 cal
	drinking water	2 Cup(s)	0 cal
	cereal, high-protein	1/3 Cup(s)	35 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 27 g (28%) / **Protein** 39 g (41%) / **Fat** 11 g (27%) / **Fluid** 21

NOTES:

<b>Snack</b> 10:00 AM	almond butter	1/2 Tbsp	50 cal
	drinking water	2 Cup(s)	0 cal
	apples	1/2 small	28 cal
	whey protein powder	1 Cup(s)	113 cal

MEAL TOTAL: **Calories** 190 cal / **Carbs** 10 g (21%) / **Protein** 28 g (58%) / **Fat** 5 g (22%) / **Fluid** 18

NOTES:

<b>Lunch</b> 12:00 PM	romaine lettuce	2 Cup(s)	16 cal
	pork tenderloin, lean, cooked	6 oz	243 cal
	drinking water	2 Cup(s)	0 cal
	balsamic vinegar	1 Tbsp	14 cal
	whole wheat tortillas, low-carb	1/2 tortilla	40 cal

MEAL TOTAL: **Calories** 313 cal / **Carbs** 15 g (19%) / **Protein** 50 g (64%) / **Fat** 8 g (22%) / **Fluid** 23

NOTES:

<b>Dinner</b> 6:00 PM	navy beans, no salt, boiled	1/4 Cup(s)	64 cal
	drinking water	1 Cup(s)	0 cal
	mustard greens, no salt, boiled	1/2 cup, chopped	18 cal
	italian chicken	1 serving	261 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 17 g (19%) / **Protein** 31 g (36%) / **Fat** 17 g (45%) / **Fluid** 15

NOTES:

**DAY 5 TOTAL: Calories** 1,224 cal / **Carbs** 68 g (22%) / **Protein** 147 g (48%) / **Fat** 41 g (30%) / **Fluid** 77



## DAY 6

<b>Breakfast</b> 7:00 AM	bread, high-protein	1/2 slices	76 cal
	drinking water	2 Cup(s)	0 cal
	almond butter	1 Tbsp	100 cal
	milk, 1%	1 1/2 Cup(s)	180 cal

MEAL TOTAL: **Calories** 356 cal / **Carbs** 31 g (35%) / **Protein** 26 g (29%) / **Fat** 13 g (33%) / **Fluid** 16

### NOTES:

<b>Snack</b> 10:00 AM	blueberry yogurt, non-fat	2 oz	27 cal
	drinking water	2 Cup(s)	0 cal
	egg, hard boiled	1 large	78 cal
	almonds	1/4 oz	41 cal

MEAL TOTAL: **Calories** 145 cal / **Carbs** 7 g (19%) / **Protein** 9 g (26%) / **Fat** 9 g (55%) / **Fluid** 17

### NOTES:

<b>Lunch</b> 12:00 PM	iced tea, green	16 fl. oz.	0 cal
	salmon avocado salad	1 serving	319 cal

MEAL TOTAL: **Calories** 319 cal / **Carbs** 10 g (12%) / **Protein** 31 g (39%) / **Fat** 18 g (51%) / **Fluid** 22

### NOTES:

<b>Dinner</b> 6:00 PM	black beans, no salt, boiled	1/4 Cup(s)	57 cal
	summer squash, no salt, boiled	1 cup, sliced	36 cal
	halibut fish, cooked	8 oz	252 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 18 g (21%) / **Protein** 57 g (66%) / **Fat** 4 g (12%) / **Fluid** 29

### NOTES:

**DAY 6 TOTAL: Calories** 1,165 cal / **Carbs** 65 g (22%) / **Protein** 122 g (42%) / **Fat** 45 g (35%) / **Fluid** 84



## DAY 7

### Breakfast

7:00 AM

blackberries	1 Cup(s)	62 cal
drinking water	2 Cup(s)	0 cal
whole eggs, poached	1 large	72 cal
tomatoes juice, low-sodium	1 Cup(s)	53 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 27 g (37%) / **Protein** 31 g (43%) / **Fat** 6 g (19%) / **Fluid** 35

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
baby carrots	5 large	26 cal
hummus, lower sodium	3 Tbsp	78 cal
almonds	1/2 oz	81 cal

MEAL TOTAL: **Calories** 186 cal / **Carbs** 16 g (34%) / **Protein** 7 g (15%) / **Fat** 12 g (56%) / **Fluid** 19

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
dijon mustard	2 tsp	10 cal
turkey breast, roasted	6 oz	231 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 leaf	2 cal
corn tortillas, no salt	2 tortilla	115 cal

MEAL TOTAL: **Calories** 367 cal / **Carbs** 26 g (29%) / **Protein** 54 g (59%) / **Fat** 5 g (12%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 11 g (10%) / **Protein** 46 g (40%) / **Fat** 25 g (50%) / **Fluid** 25

NOTES:

**DAY 7 TOTAL: Calories** 1,300 cal / **Carbs** 80 g (25%) / **Protein** 138 g (43%) / **Fat** 48 g (33%) / **Fluid** 102



4 Servings

# crab ceviche

## Ingredients

blue crab, cooked  
7 oz

tomatoes  
1 Cup(s)

cilantro leaves raw, coriander  
13 sprigs

lime juice  
1/4 Cup(s)

olive oil  
2/3 Tbsp

serrano peppers  
1/4 Cup(s)

onions  
1/4 Cup(s)

## Nutrition Totals

**Calories** 323 / **Carbs** 19 g / **Protein** 39 g / **Fat** 11 g / **Fluid** 14.81 fl oz

## Instructions

1. Place the shredded crab into a glass or porcelain bowl. Plastic or metal are not recommended.
2. Stir olive oil into the crabmeat until well coated, then stir in the cilantro onion, tomato and serrano peppers.
3. Squeeze the lime juice over everything, and mix well. Season with plenty of salt and pepper. Refrigerate for about 1 hour before serving.





# Nutrition Label

<b>Crab Ceviche</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>81</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.7g	<b>4%</b>
Saturated Fat 0.4g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 48.1mg	<b>16%</b>
<b>Sodium</b> 59.4mg	<b>2%</b>
<b>Total Carbohydrates</b> 4.6g	<b>2%</b>
Dietary Fiber 1.2g	<b>5%</b>
Total Sugar 2.1g	
<b>Protein</b> 9.7g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 59.6mg	<b>6%</b>
<b>Iron</b> 0.6mg	<b>3%</b>
<b>Potassium</b> 325.3mg	

\* 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

# italian chicken

## Ingredients

garlic  
1/2 clove

lemon juice  
1 Tbsp

olive oil  
1 Tbsp

chicken breast skinless  
4 oz

## Nutrition Totals

**Calories** 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3.35 fl oz

## Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



# Nutrition Label

<b>Italian Chicken</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>261</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> 51.7mg	<b>2%</b>
<b>Total Carbohydrates</b> 1.5g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugar 0.4g	
<b>Protein</b> 25.6g	
<b>Vitamin D</b> 1.1IU	<b>0%</b>
<b>Calcium</b> 9.4mg	<b>1%</b>
<b>Iron</b> 0.5mg	<b>3%</b>
<b>Potassium</b> 400.7mg	

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1 Servings

# salmon avocado salad

## Ingredients

white wine vinegar  
1 Tbsp

coriander/ cilantro/ chinese parsley  
2 tsp

green leaf lettuce  
1 1/2 cup shredded

cherry tomatoes  
6 tomatoes

olive oil  
1/3 Tbsp

avocados  
1/4 avocado

salmon, cooked  
4 oz

mushrooms  
1/8 cup, pieces or slices

## Nutrition Totals

**Calories** 319 / **Carbs** 10 g / **Protein** 31 g / **Fat** 18 g / **Fluid** 5.95 fl oz

## Instructions

1. Preheat the oven broiler. Line a baking sheet with aluminum foil. Place the salmon on the foil. Season with salt and pepper. Broil 15 minutes, until fish is easily flaked with a fork.
2. Saute the mushrooms until tender.
2. Place the tomatoes in a bowl, and drizzle with 1 tablespoon olive oil. Season with salt and pepper.
3. In a large bowl, toss together the salmon, mushrooms, tomatoes, lettuce, avocado, cilantro. Drizzle with remaining olive oil and the vinegar. Season with salt and pepper, and sprinkle with feta cheese if desired, to serve.



# Nutrition Label

<b>Salmon Avocado Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>319</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18.2g	<b>28%</b>
Saturated Fat 2.8g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 62.3mg	<b>21%</b>
<b>Sodium</b> 123.7mg	<b>5%</b>
<b>Total Carbohydrates</b> 9.6g	<b>3%</b>
Dietary Fiber 4.9g	<b>20%</b>
Total Sugar 3.1g	
<b>Protein</b> 30.7g	
<b>Vitamin D</b> 592.5IU	<b>99%</b>
<b>Calcium</b> 49.7mg	<b>5%</b>
<b>Iron</b> 1.8mg	<b>10%</b>
<b>Potassium</b> 927.6mg	

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# Shopping List

## Accompaniments

dijon mustard  
3 tsp

olive oil, mayonnaise, light  
0.5 Tbsp

salsa, ready to serve  
2 Tbsp

white wine vinegar  
1 Tbsp

## Beef

beef t-bone, broiled  
9 oz

## Beverages

drinking water  
48 Cup(s)

iced tea, green  
32 fl. oz.

tomatoes juice, low-sodium  
1.5 Cup(s)

## Bread

bread, high-protein  
1.5 slices

corn tortillas, no salt  
3 tortilla

whole wheat tortillas, low-carb  
1 tortilla

## Cereal & Grain Products

cereal, high-protein  
1.33 Cup(s)

oat bran, cooked  
0.25 Cup(s)

## Dairy & Egg

blueberry yogurt, non-fat



2 oz

cottage cheese, non-fat

2.5 Cup(s)

egg, hard boiled

1 large

egg whites, cooked

31 large

milk, 1%

6.5 Cup(s)

provolone cheese, reduced fat, sliced

2 slice

whole egg omelet, cooked

1 large

whole eggs, poached

3 large

## Fats & Oils

olive oil

5.24 Tbsp

## Finfish & Shellfish

blue crab, cooked

7 oz

halibut fish, cooked

12 oz

salmon, cooked

4 oz

scallops

6 oz

shrimp, cooked

5 oz

tuna fish, very low-sodium, in water

8 oz

## Fruits & Juices

apples

1.5 small

avocados

0.25 avocado

blackberries

1 Cup(s)

lemon juice

1 Tbsp

lime juice

0.26 Cup(s)



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## Ingredients

balsamic vinegar  
2 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
0.5 Cup(s)  
hummus, lower sodium  
3 Tbsp  
navy beans, no salt, boiled  
0.58 Cup(s)

## Nuts & Seeds

almond butter  
4.5 Tbsp  
almonds  
0.75 oz

## Pork

pork tenderloin, lean, cooked  
10 oz

## Poultry

chicken, boneless, roasted  
170 gm  
6 oz  
chicken breast skinless  
4 oz  
turkey breast, roasted  
8 oz

## Snacks

pumpkin seeds, low-carb, roasted  
0.25 Cup(s)

## Spices & Herbs

coriander/ cilantro/ chinese parsley  
2 tsp





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## Sports & Diet Nutritional

whey protein powder  
1 Cup(s)

## Vegetables

baby carrots  
10 large

broccoli, no salt, boiled  
1 Cup(s)

brussels sprouts, no salt, boiled  
10 sprout

cherry tomatoes  
6 tomatoes

cilantro leaves raw, coriander  
13 sprigs

garlic  
0.5 clove

green leaf lettuce  
1.5 cup shredded

mushrooms  
0.13 cup, pieces or slices

mustard greens, no salt, boiled  
2.5 cup, chopped

onions  
0.26 Cup(s)

peas & onions, no salt, boiled  
0.5 Cup(s)

romaine lettuce  
8 leaf  
4 Cup(s)

serrano peppers  
0.26 Cup(s)

summer squash, no salt, boiled  
1 cup, sliced














tomatoes  
1.5 Cup(s)









# 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> 1/3 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