



## 6 meals/day - Protein Focused 1775 (B)

### DAY 1

<b>Breakfast</b> 7:00 AM	drinking water	2 Cup(s)	0 cal
	whole eggs, scrambled	2 large	182 cal
	whole grain rolled oats, dry	1/2 Cup(s)	150 cal
	raisins, seedless	1/4 cup, packed	123 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 523 cal / **Carbs** 63 g (48%) / **Protein** 28 g (21%) / **Fat** 17 g (29%) / **Fluid** 23

NOTES:

<b>Snack</b> 10:00 AM	smooth peanut butter, no salt	1 Tbsp	94 cal
	apples	1 small	55 cal
	drinking water	2 Cup(s)	0 cal
	cottage cheese, non-fat	3/4 Cup(s)	78 cal

MEAL TOTAL: **Calories** 228 cal / **Carbs** 25 g (44%) / **Protein** 16 g (27%) / **Fat** 9 g (34%) / **Fluid** 22

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	whole wheat tortillas	1 tortilla	127 cal
	turkey breast, roasted	6 oz	231 cal
	romaine lettuce	2 leaf	2 cal
	hummus, lower sodium	1 Tbsp	26 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 21 g (22%) / **Protein** 56 g (58%) / **Fat** 9 g (21%) / **Fluid** 21

NOTES:

<b>Snack</b> 3:00 PM	bananas	1 small	90 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 220 cal / **Carbs** 41 g (75%) / **Protein** 14 g (25%) / **Fat** 1 g (4%) / **Fluid** 22

NOTES:



## Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
yellowfin tuna fish, cooked	3 oz	111 cal
wild rice, cooked	1/2 Cup(s)	83 cal
lentil beans, no salt, boiled	1/3 Cup(s)	77 cal
extra virgin olive oil	1/2 tsp	20 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL: Calories** 318 cal / **Carbs** 36 g (45%) / **Protein** 36 g (46%) / **Fat** 4 g (11%) / **Fluid** 25

NOTES:

## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
cantaloupe melon	1 cup, diced	53 cal
plain greek yogurt, nonfat	4 oz	67 cal

**MEAL TOTAL: Calories** 120 cal / **Carbs** 17 g (56%) / **Protein** 13 g (43%) / **Fat** 1 g (6%) / **Fluid** 24

NOTES:

**DAY 1 TOTAL: Calories** 1,795 cal / **Carbs** 203 g (45%) / **Protein** 162 g (36%) / **Fat** 40 g (20%) / **Fluid** 138



## DAY 2

<b>Breakfast</b> 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	multi-grain cheerios cereal	1 Cup(s)	120 cal
	whole eggs, scrambled	1 large	91 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 45 g (44%) / **Protein** 35 g (34%) / **Fat** 9 g (19%) / **Fluid** 25

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	cashews	1 1/4 oz	196 cal
	oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 265 cal / **Carbs** 28 g (43%) / **Protein** 8 g (12%) / **Fat** 16 g (54%) / **Fluid** 20

NOTES:

<b>Lunch</b> 12:00 PM	olive oil, mayonnaise, light	1 Tbsp	49 cal
	iced tea, green	16 fl. oz.	0 cal
	tomatoes	1/4 Cup(s)	8 cal
	avocados	1/4 avocado	80 cal
	chicken, boneless, roasted	4 oz	189 cal
	whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 22 g (22%) / **Protein** 33 g (32%) / **Fat** 21 g (46%) / **Fluid** 22

NOTES:

<b>Snack</b> 3:00 PM	drinking water	2 Cup(s)	0 cal
	cantaloupe melon	1 cup, diced	53 cal
	plain greek yogurt, nonfat	6 oz	100 cal

MEAL TOTAL: **Calories** 153 cal / **Carbs** 19 g (49%) / **Protein** 19 g (49%) / **Fat** 1 g (6%) / **Fluid** 26

NOTES:

<b>Dinner</b> 6:00 PM	green snap beans, no salt, boiled	1 Cup(s)	44 cal
	yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
	drinking water	2 Cup(s)	0 cal
	beef t-bone, broiled	3 oz	161 cal

MEAL TOTAL: **Calories** 441 cal / **Carbs** 66 g (60%) / **Protein** 28 g (25%) / **Fat** 8 g (16%) / **Fluid** 26

NOTES:



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## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
cottage cheese, non-fat	1 Cup(s)	104 cal

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**MEAL TOTAL:** Calories 150 cal / Carbs 21 g (55%) / Protein 16 g (42%) / Fat 1 g (5%) / Fluid 24

NOTES:

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**DAY 2 TOTAL:** Calories 1,820 cal / Carbs 201 g (44%) / Protein 138 g (30%) / Fat 55 g (27%) / Fluid 143



## DAY 3

### Breakfast

7:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal
whole wheat mini bagel	1 bagel	100 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 43 g (46%) / **Protein** 23 g (24%) / **Fat** 13 g (32%) / **Fluid** 19

NOTES:

### Snack

10:00 AM

bananas	1 small	90 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1/2 bar	64 cal
whey protein powder	1/2 Scoop	56 cal

MEAL TOTAL: **Calories** 210 cal / **Carbs** 32 g (62%) / **Protein** 15 g (29%) / **Fat** 3 g (15%) / **Fluid** 19

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
romaine lettuce	2 leaf	2 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole wheat tortillas	1 tortilla	127 cal

MEAL TOTAL: **Calories** 402 cal / **Carbs** 20 g (20%) / **Protein** 55 g (55%) / **Fat** 12 g (27%) / **Fluid** 17

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
celery	5 medium stalk	32 cal
hummus, lower sodium	4 Tbsp	105 cal
wheat thin crackers	10 crackers	80 cal

MEAL TOTAL: **Calories** 217 cal / **Carbs** 29 g (53%) / **Protein** 7 g (14%) / **Fat** 9 g (37%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

marinara spaghetti sauce, ready to serve	1/4 Cup(s)	31 cal
green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
drinking water	2 Cup(s)	0 cal
italian spiced pork chops	1 1/2 serving	150 cal
rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 45 g (51%) / **Protein** 33 g (38%) / **Fat** 5 g (12%) / **Fluid** 27

NOTES:

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## Snack

8:00 PM

raspberries	1 1/2 Cup(s)	96 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal

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**MEAL TOTAL:** **Calories** 196 cal / **Carbs** 28 g (57%) / **Protein** 20 g (40%) / **Fat** 2 g (9%) / **Fluid** 26

**NOTES:**

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**DAY 3 TOTAL:** **Calories** 1,745 cal / **Carbs** 197 g (45%) / **Protein** 154 g (35%) / **Fat** 44 g (23%) / **Fluid** 132



## DAY 4

### Breakfast

7:00 AM

bananas	1/2 small	45 cal
whole grain rolled oats, dry	1/3 Cup(s)	100 cal
whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 32 g (39%) / **Protein** 13 g (16%) / **Fat** 16 g (43%) / **Fluid** 20

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	2/3 oz	111 cal

MEAL TOTAL: **Calories** 179 cal / **Carbs** 22 g (48%) / **Protein** 6 g (13%) / **Fat** 10 g (48%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

italian spiced pork chops	1 1/2 serving	150 cal
extra virgin olive oil	1 Tbsp	120 cal
balsamic vinegar	2 Tbsp	28 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 34 g (32%) / **Protein** 32 g (30%) / **Fat** 19 g (40%) / **Fluid** 25

NOTES:

### Snack

3:00 PM

nut and raisin granola bars	1 bar	127 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 257 cal / **Carbs** 36 g (56%) / **Protein** 15 g (23%) / **Fat** 6 g (22%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

wild rice, cooked	1/2 Cup(s)	83 cal
asparagus, boiled	6 spears	20 cal
beef t-bone, broiled	6 oz	321 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 21 g (20%) / **Protein** 50 g (47%) / **Fat** 15 g (32%) / **Fluid** 24

NOTES:



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## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
strawberries	1/2 Cup(s)	23 cal
cottage cheese, non-fat	1 Cup(s)	104 cal

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**MEAL TOTAL: Calories** 127 cal / **Carbs** 15 g (48%) / **Protein** 15 g (49%) / **Fat** 1 g (4%) / **Fluid** 22

**NOTES:**

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**DAY 4 TOTAL: Calories** 1,748 cal / **Carbs** 160 g (37%) / **Protein** 131 g (30%) / **Fat** 67 g (34%) / **Fluid** 132





## DAY 5

### Breakfast

7:00 AM

multi-grain cheerios cereal	1 1/4 Cup(s)	150 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 50 g (58%) / **Protein** 29 g (34%) / **Fat** 2 g (6%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
drinking water	2 Cup(s)	0 cal
apples	1/2 small	28 cal
cottage cheese, non-fat	1/2 Cup(s)	52 cal

MEAL TOTAL: **Calories** 221 cal / **Carbs** 17 g (31%) / **Protein** 14 g (25%) / **Fat** 12 g (50%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 small	74 cal
turkey breast, roasted	4 oz	154 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/4 cup, sliced	58 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 27 g (29%) / **Protein** 41 g (44%) / **Fat** 13 g (31%) / **Fluid** 22

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
raspberries	1 1/2 Cup(s)	96 cal
plain greek yogurt, nonfat	6 oz	100 cal

MEAL TOTAL: **Calories** 196 cal / **Carbs** 28 g (57%) / **Protein** 20 g (40%) / **Fat** 2 g (9%) / **Fluid** 26

NOTES:

### Dinner

6:00 PM

mediterranean chicken	1 serving	186 cal
wild rice, cooked	1 Cup(s)	166 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 41 g (43%) / **Protein** 32 g (34%) / **Fat** 11 g (27%) / **Fluid** 27

NOTES:



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## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
bananas	1 small	90 cal
nut and raisin granola bars	1 bar	127 cal
whey protein powder	1/2 Scoop	56 cal

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**MEAL TOTAL: Calories** 273 cal / **Carbs** 41 g (61%) / **Protein** 16 g (24%) / **Fat** 6 g (21%) / **Fluid** 19

**NOTES:**

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**DAY 5 TOTAL: Calories** 1,792 cal / **Carbs** 205 g (46%) / **Protein** 152 g (34%) / **Fat** 47 g (24%) / **Fluid** 137



## DAY 6

<b>Breakfast</b> 7:00 AM	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	whole wheat mini bagel	1 bagel	100 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 44 g (40%) / **Protein** 37 g (34%) / **Fat** 13 g (28%) / **Fluid** 23

NOTES:

<b>Snack</b> 10:00 AM	raisins, seedless	1/4 cup, packed	123 cal
	drinking water	2 Cup(s)	0 cal
	cottage cheese, non-fat	1 1/4 Cup(s)	131 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 45 g (70%) / **Protein** 20 g (32%) / **Fat** 1 g (3%) / **Fluid** 21

NOTES:

<b>Lunch</b> 12:00 PM	whole-wheat pita bread	1 small	74 cal
	green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
	drinking water	2 Cup(s)	0 cal
	mediterranean chicken	1 serving	186 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 31 g (38%) / **Protein** 29 g (36%) / **Fat** 11 g (32%) / **Fluid** 25

NOTES:

<b>Snack</b> 3:00 PM	drinking water	2 Cup(s)	0 cal
	apples	1 small	55 cal
	nut and raisin granola bars	1/2 bar	64 cal
	whey protein powder	1 Scoop	113 cal

MEAL TOTAL: **Calories** 231 cal / **Carbs** 25 g (42%) / **Protein** 27 g (47%) / **Fat** 4 g (14%) / **Fluid** 19

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	salmon, cooked	4 oz	174 cal
	marinara spaghetti sauce, ready to serve	1/3 Cup(s)	41 cal
	asparagus, boiled	4 spears	13 cal
	rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 332 cal / **Carbs** 32 g (38%) / **Protein** 32 g (39%) / **Fat** 8 g (21%) / **Fluid** 23

NOTES:



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## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
plain greek yogurt, nonfat	6 oz	100 cal

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**MEAL TOTAL: Calories** 146 cal / **Carbs** 17 g (47%) / **Protein** 18 g (50%) / **Fat** 1 g (7%) / **Fluid** 25

**NOTES:**

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**DAY 6 TOTAL: Calories** 1,729 cal / **Carbs** 193 g (45%) / **Protein** 165 g (38%) / **Fat** 38 g (20%) / **Fluid** 137



## DAY 7

<b>Breakfast</b> 7:00 AM	skim milk with calcium	1 1/2 Cup(s)	130 cal
	whole wheat mini bagel	1 bagel	100 cal
	whole eggs, scrambled	2 large	182 cal
	drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 411 cal / **Carbs** 40 g (39%) / **Protein** 29 g (28%) / **Fat** 15 g (32%) / **Fluid** 23

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	celery	5 medium stalk	32 cal
	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	wheat thin crackers	10 crackers	80 cal

MEAL TOTAL: **Calories** 253 cal / **Carbs** 25 g (39%) / **Protein** 8 g (13%) / **Fat** 15 g (53%) / **Fluid** 22

NOTES:

<b>Lunch</b> 12:00 PM	whole wheat tortillas	1 tortilla	127 cal
	sliced ham, extra lean, low-sodium	5 oz	186 cal
	olive oil, mayonnaise, light	1 tsp	16 cal
	romaine lettuce	2 leaf	2 cal
	tomatoes	1/4 Cup(s)	8 cal
	iced tea, green	16 fl. oz.	0 cal
	turkey breast, roasted	2 oz	77 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 23 g (22%) / **Protein** 45 g (44%) / **Fat** 12 g (26%) / **Fluid** 23

NOTES:

<b>Snack</b> 3:00 PM	drinking water	2 Cup(s)	0 cal
	cantaloupe melon	1 cup, diced	53 cal
	plain greek yogurt, nonfat	6 oz	100 cal

MEAL TOTAL: **Calories** 153 cal / **Carbs** 19 g (49%) / **Protein** 19 g (49%) / **Fat** 1 g (6%) / **Fluid** 26

NOTES:



## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	3 oz	142 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 47 g (47%) / **Protein** 26 g (25%) / **Fat** 13 g (29%) / **Fluid** 25

NOTES:

## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
bananas	1 small	90 cal
cottage cheese, non-fat	2/3 Cup(s)	70 cal

MEAL TOTAL: **Calories** 159 cal / **Carbs** 30 g (74%) / **Protein** 11 g (28%) / **Fat** 1 g (3%) / **Fluid** 21

NOTES:

**DAY 7 TOTAL: Calories** 1,797 cal / **Carbs** 183 g (41%) / **Protein** 138 g (31%) / **Fat** 56 g (28%) / **Fluid** 140



2 Servings

# italian spiced pork chops

## Ingredients

sage, ground  
1/4 tsp

onions  
1/4 cup, sliced

pork tenderloin  
6 oz

black pepper  
2 dash

paprika  
1/4 tsp

## Nutrition Totals

**Calories** 199 / **Carbs** 3 g / **Protein** 36 g / **Fat** 4 g / **Fluid** 4.46 fl oz

## Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.



# Nutrition Label

<b>Italian Spiced Pork Chops</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.9g	<b>3%</b>
Saturated Fat 0.6g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55.2mg	<b>18%</b>
<b>Sodium</b> 45.8mg	<b>2%</b>
<b>Total Carbohydrates</b> 1.6g	<b>1%</b>
Dietary Fiber 0.3g	<b>2%</b>
Total Sugar 0.6g	
<b>Protein</b> 18g	
<b>Vitamin D</b> 6.8IU	<b>1%</b>
<b>Calcium</b> 10mg	<b>1%</b>
<b>Iron</b> 0.9mg	<b>5%</b>
<b>Potassium</b> 368.5mg	

\* 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.





4 Servings

# mediterranean chicken

## Ingredients

chicken breast, boneless skinless  
16 oz

olive oil  
2 Tbsp

lemon juice  
1 1/2 fl. oz.

garlic  
1 clove

## Nutrition Totals

**Calories** 743 / **Carbs** 4 g / **Protein** 93 g / **Fat** 41 g / **Fluid** 13.09 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.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



# 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> 391.3mg	

\* 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.



# Shopping List

## Accompaniments

marinara spaghetti sauce, ready to serve

0.58 Cup(s)

olive oil, mayonnaise, light

2 Tbsp

1 tsp

## Beef

beef t-bone, broiled

9 oz

## Beverages

drinking water

73 Cup(s)

iced tea, green

32 fl. oz.

## Bread

whole-wheat pita bread

3 small

whole wheat dinner rolls

1.5 roll

whole wheat mini bagel

3 bagel

whole wheat tortillas

3 tortilla

## Cereal & Grain Products

multi-grain cheerios cereal

2.25 Cup(s)

rice penne pasta, low-carb

2 oz

whole grain rolled oats, dry

0.83 Cup(s)

wild rice, cooked

2 Cup(s)

## Cookies & Crackers



wheat thin crackers  
20 crackers

## Dairy & Egg

cottage cheese, non-fat

5.17 Cup(s)

egg whites, cooked

16 large

plain greek yogurt, nonfat

34 oz

skim milk with calcium

10.5 Cup(s)

whole eggs, scrambled

7 large

## Fats & Oils

extra virgin olive oil

0.5 tsp

1.5 Tbsp

olive oil

1 Tbsp

## Finfish & Shellfish

salmon, cooked

4 oz

tuna fish, very low-sodium, in water

8 oz

yellowfin tuna fish, cooked

3 oz

## Fruits & Juices

apples

2.5 small

avocados

0.25 avocado

0.25 cup, sliced

bananas

4.5 small

cantaloupe melon

3 cup, diced

lemon juice

0.76 fl. oz.

oranges



2 fruit  
raisins, seedless  
0.5 cup, packed  
raspberries  
3 Cup(s)  
strawberries  
2.5 Cup(s)

## Ingredients

balsamic vinegar  
2 Tbsp

## Legumes & Beans

green snap beans, no salt, boiled  
5 Cup(s)  
hummus, lower sodium  
8 Tbsp  
lentil beans, no salt, boiled  
0.33 Cup(s)

## Nuts & Seeds

cashews  
1.25 oz  
peanuts, no salt, dry-roasted  
0.67 oz  
smooth peanut butter, no salt  
7 Tbsp

## Pork

pork tenderloin  
9 oz

## Poultry

chicken, boneless, roasted  
7 oz  
chicken breast, boneless skinless  
8 oz  
turkey breast, roasted  
12 oz

## Sausages & Meats

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**sliced ham, extra lean, low-sodium**  
5 oz

## Snacks

**nut and raisin granola bars**  
3 bar

## Spices & Herbs

**black pepper**  
3 dash  
**paprika**  
0.38 tsp  
**sage, ground**  
0.38 tsp

## Sports & Diet Nutritionals

**whey protein powder**  
2 Scoop

## Vegetables













**asparagus, boiled**  
10 spears  
**cauliflower, no salt, boiled**  
2 Cup(s)  
**celery**  
10 medium stalk  
**garlic**  
0.5 clove  
**onions**  
0.38 cup, sliced  
**romaine lettuce**  
6 leaf  
2 Cup(s)  
**tomatoes**  
1 Cup(s)  
**yams, no salt, boiled or baked**  
2.5 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