



Low Carb

Prepared by: Jewel Turnbull

Created: 08-23-2020

DAY 1

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	coconut oil	1 Tbsp	116 cal
	egg(whole)	1 egg	69 cal
	banana	5/8 small	56 cal
	oatmeal oatmeal old fashioned oats by quaker oats	1/2 Cup(s)	150 cal
	turkey bacon, low sodium	3 slices	105 cal

MEAL TOTAL: Calories 497 cal / **Carbs** 43 g (33%) / **Protein** 18 g (14%) / **Fat** 31 g (53%) / **Fluid** 18 fl oz

NOTES: Stick with the Plan at best; however, note the following: 1. Coconut or almond milk may be interchanged if you are lactose intolerant. Also, recommended regardless. 2. You may have a Green Smoothie or a Protein Shake as a substitute for one snack. Also, any nuts provided on the list for healthy eating can be substituted for cashews. 3. Vegan Chicken Strips, or any of the plant base protein or foods provided on the list for healthy eating can be substituted if you do not eat eggs. 4. You may substitute any healthy carbs, fruits or vegetables on this plan with any on the list provided for healthy eating.

Snack 10:00 AM	almond butter	1 1/2 Tbsp	150 cal
	coconut water	8 fl oz	46 cal
	blueberries	1 1/2 Cup(s)	124 cal

MEAL TOTAL: Calories 320 cal / **Carbs** 45 g (54%) / **Protein** 8 g (10%) / **Fat** 13 g (36%) / **Fluid** 14 fl oz

NOTES:

Lunch 12:00 PM	salmon (cooked)	6 oz	260 cal
	avocado	1/3 avocado	107 cal
	drinking water	16 fl oz	0 cal
	balsamic vinegar	1 Tbsp	14 cal
	kale	2 Cup(s)	66 cal
	red pepper	1 Cup(s)	46 cal

MEAL TOTAL: Calories 493 cal / **Carbs** 29 g (23%) / **Protein** 50 g (40%) / **Fat** 20 g (37%) / **Fluid** 31 fl oz

NOTES:

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Snack

3:00 PM

mushrooms (boiled)	1 1/2 Cup(s)	44 cal
boneless chicken (cooked)	5 oz	237 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 280 cal / **Carbs** 8 g (12%) / **Protein** 39 g (55%) / **Fat** 10 g (33%) / **Fluid** 24 fl oz

NOTES:

Dinner

6:00 PM

summer squash (boiled)	2 Cup(s)	72 cal
green split peas	3/8 Cup(s)	60 cal
drinking water	16 fl oz	0 cal
chicken breast (cooked)	6 oz	281 cal
avocado oil	1/2 tablespoons	62 cal

MEAL TOTAL: Calories 475 cal / **Carbs** 26 g (22%) / **Protein** 60 g (51%) / **Fat** 14 g (27%) / **Fluid** 31 fl oz

NOTES:

DAY 1 TOTAL: Calories 2,065 cal / **Carbs** 151 g (29%) / **Protein** 175 g (33%) / **Fat** 89 g (38%) / **Fluid** 117 fl oz

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DAY 2

Breakfast 7:00 AM	spinach (boiled)	2 Cup(s)	83 cal
	coconut oil	3/4 Tbsp	87 cal
	almond beverage, calcium added	12 fl oz	98 cal
	turkey bacon, low sodium	3 3/4 slices	131 cal
	chunk light tuna in water	4 oz	104 cal

MEAL TOTAL: Calories 504 cal / **Carbs** 31 g (23%) / **Protein** 44 g (32%) / **Fat** 27 g (45%) / **Fluid** 23 fl oz

NOTES:

Snack 10:00 AM	chicken vegetable soup, low sodium	1/4 Cup(s)	42 cal
	broccoli florets	1 Cup(s)	20 cal
	cashews	1 1/4 oz	196 cal

MEAL TOTAL: Calories 257 cal / **Carbs** 20 g (28%) / **Protein** 12 g (17%) / **Fat** 17 g (55%) / **Fluid** 4 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	kale	1 Cup(s)	33 cal
	beets	1 1/3 Cup(s)	78 cal
	extra virgin olive oil	3 1/8 tsp	125 cal
	grouper fish, cooked	7 1/8 oz	238 cal

MEAL TOTAL: Calories 474 cal / **Carbs** 23 g (19%) / **Protein** 56 g (47%) / **Fat** 18 g (34%) / **Fluid** 28 fl oz

NOTES:

Snack 3:00 PM	almond butter	1 Tbsp	100 cal
	apple	1 large	110 cal
	drinking water	16 fl oz	0 cal
	meat free sausage	7/8 sausages	74 cal

MEAL TOTAL: Calories 284 cal / **Carbs** 37 g (50%) / **Protein** 10 g (13%) / **Fat** 12 g (37%) / **Fluid** 22 fl oz

NOTES: Non-fat Greek Yogurt can be substituted for meat free sausage



Dinner

6:00 PM

drinking water	16 fl oz	0 cal
red pepper	1/2 Cup(s)	23 cal
balsamic vinegar	1/2 Tbsp	7 cal
onion	1/2 Cup(s)	23 cal
green leaf lettuce	1 Cup(s)	5 cal
 citrus broiled salmon	1 serving	324 cal
avocado oil	1/2 tablespoons	62 cal

MEAL TOTAL: Calories 444 cal / **Carbs** 31 g (28%) / **Protein** 40 g (36%) / **Fat** 18 g (36%) / **Fluid** 29 fl oz

NOTES: extra virgin olive oil can be substituted for avocado oil

DAY 2 TOTAL: Calories 1,964 cal / **Carbs** 143 g (28%) / **Protein** 161 g (32%) / **Fat** 91 g (40%) / **Fluid** 106 fl oz



DAY 3

Breakfast 7:00 AM	kale	1 2/3 Cup(s)	55 cal
	egg	3 2/3 large	333 cal
	coconut oil	1 Tbsp	116 cal
	drinking water	16 fl oz	0 cal
	orange	1 fruit	69 cal

MEAL TOTAL: Calories 573 cal / **Carbs** 31 g (21%) / **Protein** 28 g (19%) / **Fat** 39 g (60%) / **Fluid** 29 fl oz

NOTES: 5 oz. Turkey Sausage breakfast links can be substituted for eggs.

Snack 10:00 AM	cashews	5/8 oz	98 cal
	coconut water	8 fl oz	46 cal
	apple	1 large	110 cal

MEAL TOTAL: Calories 254 cal / **Carbs** 44 g (64%) / **Protein** 6 g (8%) / **Fat** 9 g (28%) / **Fluid** 14 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	ground turkey (cooked)	6 oz	345 cal
	avocado	1/3 avocado	107 cal
	balsamic vinegar	1/2 Tbsp	7 cal
	summer squash (boiled)	2 Cup(s)	72 cal

MEAL TOTAL: Calories 532 cal / **Carbs** 23 g (16%) / **Protein** 51 g (37%) / **Fat** 29 g (47%) / **Fluid** 33 fl oz

NOTES: 1 Bake White Potato can be substituted for squash or 2 Taco Shells

Snack 3:00 PM	mixed vegetables (boiled)	1 1/2 Cup(s)	89 cal
	drinking water	16 fl oz	0 cal
	canned tuna fish in water, very low sodium	3 2/3 oz	102 cal

MEAL TOTAL: Calories 191 cal / **Carbs** 18 g (37%) / **Protein** 27 g (55%) / **Fat** 2 g (8%) / **Fluid** 20 fl oz

NOTES:

Dinner 6:00 PM	yam (baked)	1/2 Cup(s)	79 cal
	drinking water	16 fl oz	0 cal
	 citrus broiled salmon	1 serving	324 cal
	kale	2 Cup(s)	66 cal
	avocado oil	1 tablespoons	124 cal

MEAL TOTAL: Calories 592 cal / **Carbs** 50 g (33%) / **Protein** 45 g (30%) / **Fat** 25 g (37%) / **Fluid** 30 fl oz

NOTES:

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DAY 3 TOTAL: Calories 2,142 cal / Carbs 165 g (30%) / Protein 157 g (28%) / Fat 104 g (42%) / Fluid 126 fl oz

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DAY 4

Breakfast 7:00 AM	high protein crunch cereal	1/3 Cup(s)	57 cal
	almond beverage, calcium added	12 fl oz	98 cal
	coconut oil	1 Tbsp	116 cal
	apple	1 1/4 small	69 cal
	2 egg vegetable omlette	2 serving	276 cal

MEAL TOTAL: Calories 616 cal / **Carbs** 43 g (27%) / **Protein** 31 g (19%) / **Fat** 38 g (54%) / **Fluid** 16 fl oz

NOTES:

Snack 10:00 AM	coconut water	16 fl oz	91 cal
	spinach (boiled)	2 Cup(s)	83 cal
	turkey jerky	1 oz	71 cal

MEAL TOTAL: Calories 245 cal / **Carbs** 39 g (57%) / **Protein** 23 g (34%) / **Fat** 3 g (9%) / **Fluid** 27 fl oz

NOTES:

Lunch 12:00 PM	mashed sweet potatoes	1 3/8 Cup(s)	151 cal
	drinking water	16 fl oz	0 cal
	salmon (cooked)	8 1/8 oz	352 cal
	kale	2 Cup(s)	66 cal
	cauliflower (boiled)	5 flowerets	21 cal

MEAL TOTAL: Calories 590 cal / **Carbs** 46 g (30%) / **Protein** 67 g (44%) / **Fat** 17 g (26%) / **Fluid** 28 fl oz

NOTES:

Snack 3:00 PM	grapes	1 Cup(s)	104 cal
	meat free sausage	7/8 sausages	74 cal
	drinking water	16 fl oz	0 cal
	almond butter	3/4 Tbsp	75 cal

MEAL TOTAL: Calories 253 cal / **Carbs** 33 g (49%) / **Protein** 10 g (15%) / **Fat** 11 g (36%) / **Fluid** 21 fl oz

NOTES:



Dinner

6:00 PM

delicata squash	1 1/2 Cup(s)	60 cal
green leaf lettuce	1 Cup(s)	5 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	16 fl oz	0 cal
avocado	1/3 avocado	107 cal
onion	1/4 Cup(s)	12 cal
 italian chicken	1 serving	263 cal

MEAL TOTAL: Calories 454 cal / **Carbs** 27 g (23%) / **Protein** 30 g (26%) / **Fat** 26 g (51%) / **Fluid** 22 fl oz

NOTES:

DAY 4 TOTAL: Calories 2,158 cal / **Carbs** 188 g (33%) / **Protein** 161 g (29%) / **Fat** 95 g (38%) / **Fluid** 114 fl oz



DAY 5

Breakfast 7:00 AM	coconut oil	1 Tbsp	116 cal
	cashews	2 1/8 oz	333 cal
	drinking water	16 fl oz	0 cal
	oatmeal oatmeal old fashioned oats by quaker oats	1/2 Cup(s)	150 cal
	turkey bacon, low sodium	3 slices	105 cal

MEAL TOTAL: Calories 705 cal / **Carbs** 47 g (25%) / **Protein** 22 g (12%) / **Fat** 52 g (63%) / **Fluid** 16 fl oz

NOTES:

Snack 10:00 AM	cashews	1 1/4 oz	196 cal
	coconut water	12 fl oz	68 cal
	cucumber (peeled)	1/2 small	9 cal

MEAL TOTAL: Calories 274 cal / **Carbs** 26 g (36%) / **Protein** 10 g (13%) / **Fat** 16 g (51%) / **Fluid** 14 fl oz

NOTES:

Lunch 12:00 PM	yam (baked)	1 Cup(s)	158 cal
	drinking water	16 fl oz	0 cal
	cabbage (cooked)	1 1/2 Cup(s)	26 cal
	avocado	1/3 avocado	107 cal
	 stuffed peppers with seasoned ground beef	1 serving	381 cal

MEAL TOTAL: Calories 672 cal / **Carbs** 100 g (57%) / **Protein** 36 g (21%) / **Fat** 17 g (22%) / **Fluid** 40 fl oz

NOTES: You may substitute ground beef with ground turkey or chicken.

Snack 3:00 PM	banana	1/4 small	22 cal
	boneless chicken (cooked)	6 oz	284 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 307 cal / **Carbs** 6 g (8%) / **Protein** 43 g (58%) / **Fat** 11 g (34%) / **Fluid** 21 fl oz

NOTES:

Dinner 6:00 PM	broccoli (boiled)	1 Cup(s)	55 cal
	drinking water	16 fl oz	0 cal
	salmon (cooked)	6 3/4 oz	293 cal
	avocado oil	1 tablespoons	124 cal

MEAL TOTAL: Calories 471 cal / **Carbs** 11 g (10%) / **Protein** 51 g (43%) / **Fat** 25 g (47%) / **Fluid** 25 fl oz

NOTES:

DAY 5 TOTAL: Calories 2,428 cal / **Carbs** 190 g (30%) / **Protein** 161 g (26%) / **Fat** 121 g (44%) / **Fluid** 116 fl oz

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DAY 6

Breakfast 7:00 AM	quinoa (cooked)	1/4 Cup(s)	56 cal
	egg (hard boiled)	1 2/3 large	129 cal
	coconut oil	1 Tbsp	116 cal
	almond beverage, calcium added	12 fl oz	98 cal
	lowfat cottage cheese, 1%	7/8 Cup(s)	142 cal
	drinking water	8 fl oz	0 cal

MEAL TOTAL: Calories 541 cal / **Carbs** 32 g (23%) / **Protein** 38 g (28%) / **Fat** 29 g (49%) / **Fluid** 29 fl oz

NOTES:

Snack 10:00 AM	cashews	3/8 oz	59 cal
	coconut water	12 fl oz	68 cal
	turkey jerky	1 oz	71 cal
	drinking water	8 fl oz	0 cal

MEAL TOTAL: Calories 198 cal / **Carbs** 25 g (47%) / **Protein** 14 g (26%) / **Fat** 6 g (27%) / **Fluid** 20 fl oz

NOTES:

Lunch 12:00 PM	coho salmon (cooked)	8 oz	315 cal
	red pepper	1/2 Cup(s)	23 cal
	kale	1/2 Cup(s)	16 cal
	avocado	1/2 avocado	161 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 537 cal / **Carbs** 20 g (15%) / **Protein** 57 g (43%) / **Fat** 25 g (42%) / **Fluid** 28 fl oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	meat free sausage	7/8 sausages	74 cal
	orange	3/4 fruit	51 cal
	vegetable protein powder	19 7/8 Tbsp	138 cal


MEAL TOTAL: Calories 263 cal / **Carbs** 18 g (27%) / **Protein** 37 g (54%) / **Fat** 6 g (19%) / **Fluid** 19 fl oz

NOTES:



Dinner

6:00 PM

yam (baked)	1/3 Cup(s)	53 cal
onion	1/4 Cup(s)	12 cal
drinking water	16 fl oz	0 cal
 stuffed peppers with seasoned ground beef	1 serving	381 cal
boneless chicken (cooked)	4 oz	189 cal

MEAL TOTAL: Calories 635 cal / **Carbs** 66 g (42%) / **Protein** 60 g (38%) / **Fat** 14 g (20%) / **Fluid** 36 fl oz

NOTES:

DAY 6 TOTAL: Calories 2,174 cal / **Carbs** 161 g (29%) / **Protein** 207 g (38%) / **Fat** 80 g (33%) / **Fluid** 131 fl oz



DAY 7

Breakfast 7:00 AM	kale	1 1/2 Cup(s)	49 cal
	grapes	7/8 Cup(s)	91 cal
	coconut oil	1 Tbsp	116 cal
	drinking water	16 fl oz	0 cal
	2 egg vegetable omlette	2 serving	276 cal

MEAL TOTAL: Calories 533 cal / **Carbs** 31 g (22%) / **Protein** 30 g (21%) / **Fat** 35 g (57%) / **Fluid** 23 fl oz

NOTES: 7/8 Meat free sausage and 6 oz. Turkey Breast (cooked) can be substituted for the egg omlette

Snack 10:00 AM	cranberry juice, unsweetened	1/2 Cup(s)	58 cal
	apple	1 1/2 small	83 cal
	almond butter	2 Tbsp	200 cal

MEAL TOTAL: Calories 341 cal / **Carbs** 43 g (50%) / **Protein** 7 g (8%) / **Fat** 16 g (42%) / **Fluid** 8 fl oz

NOTES:

Lunch 12:00 PM	avocado	1/2 avocado	161 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	green leaf lettuce	2 Cup(s)	11 cal
	drinking water	16 fl oz	0 cal
	salmon (cooked)	8 oz	347 cal

MEAL TOTAL: Calories 540 cal / **Carbs** 15 g (11%) / **Protein** 59 g (44%) / **Fat** 27 g (45%) / **Fluid** 27 fl oz

NOTES:

Snack 3:00 PM	boneless chicken (cooked)	3 oz	142 cal
	drinking water	16 fl oz	0 cal
	mixed vegetables (boiled)	3/4 Cup(s)	44 cal

MEAL TOTAL: Calories 186 cal / **Carbs** 9 g (20%) / **Protein** 23 g (51%) / **Fat** 6 g (29%) / **Fluid** 20 fl oz

NOTES:

Dinner 6:00 PM	broccoli (boiled)	2 Cup(s)	109 cal
	drinking water	16 fl oz	0 cal
	mahi-mahi (cooked)	6 1/8 oz	189 cal
	olive oil	1 1/4 Tbsp	149 cal

MEAL TOTAL: Calories 448 cal / **Carbs** 22 g (19%) / **Protein** 49 g (43%) / **Fat** 20 g (38%) / **Fluid** 30 fl oz

NOTES: You can substitute the mahi mahi with any white fish - grouper, snapper for example.

DAY 7 TOTAL: Calories 2,047 cal / **Carbs** 121 g (23%) / **Protein** 167 g (32%) / **Fat** 104 g (45%) / **Fluid** 108 fl oz

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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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Nutrition Label

Citrus Broiled Salmon

Amount Per Serving

Calories 324

% Daily Value*

Total Fat 10.3g **16%**

Saturated Fat 2.1g **11%**

Trans Fat 0g

Cholesterol 76.5mg **26%**

Sodium 80.3mg **3%**

Total Carbohydrates 19.1g **6%**

Dietary Fiber 3.3g **14%**

Total Sugar 12.6g

Protein 38.2g

Vitamin D 614IU **102%**

Calcium 125.4mg **13%**

Iron 1.1mg **7%**

Potassium 977.4mg

* 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.



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

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	

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2 Servings



stuffed peppers with seasoned ground beef

Ingredients

lean ground beef	8 oz
green pepper	2 medium
white rice (cooked)	1 Cup(s)
tomato sauce, no salt	16 oz
worcestershire sauce	1 Tbsp
garlic powder	1 tsp
onion powder	1 tsp

Nutrition Totals

Calories 762 / **Carbs** 102 g / **Protein** 62 g / **Fat** 13 g / **Fluid** 32 fl oz

Instructions

1. Preheat oven to 350 degrees F.
2. In a skillet over medium heat, cook the beef until evenly browned, crumbling with spoon into small pieces.
3. Remove and discard the tops, seeds, and membranes of the bell peppers.
4. Arrange peppers in a baking dish with the hollowed sides facing upward.
5. In a bowl, mix the browned beef, cooked rice, 8 oz tomato sauce, Worcestershire sauce, garlic powder, and onion powder. Add salt and pepper to taste.
6. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
7. Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

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Nutrition Label

Stuffed Peppers With Seasoned Ground Beef

**Amount Per
Serving**

Calories 381

% Daily Value*

Total Fat 6.6g **10%**

Saturated Fat 3.4g **17%**

Trans Fat 0.3g

Cholesterol 88.8mg **30%**

Sodium 209.5mg **9%**

Total Carbohydrates 50.9g **17%**

Dietary Fiber 6g **24%**

Total Sugar 13.4g

Protein 30.8g

Vitamin D 3.3IU **1%**

Calcium 69.1mg **7%**

Iron 7.4mg **41%**

Potassium 1472.4mg

* 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.



Shopping List

Prepared by: Jewel Turnbull

Created: 08-23-2020

Accompaniments

tomato sauce, no salt	16 oz
worcestershire sauce	1 Tbsp

Beef

lean ground beef	8 oz
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Beverages

almond beverage, calcium added	36 fl oz
coconut water	56 fl oz
cranberry juice, unsweetened	0.5 Cup(s)
drinking water	416 fl oz

Cereal & Grain Products

high protein crunch cereal	0.33 Cup(s)
oatmeal oatmeal old fashioned oats by quaker oats	1 Cup(s)
quinoa	0.25 Cup(s)
white rice	1 Cup(s)

Dairy & Egg

egg	5.34 large
egg(whole)	1 egg
lowfat cottage cheese, 1%	0.88 Cup(s)

Fats & Oils

avocado oil	3 tablespoons
coconut oil	6.75 Tbsp
extra virgin olive oil	3.13 tsp
olive oil	2.25 Tbsp

Finfish & Shellfish

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canned tuna fish in water, very low sodium	3.67 oz
chunk light tuna in water	4 oz
coho salmon	8 oz
grouper fish, cooked	7.13 oz
mahi-mahi	6.13 oz
salmon	28.88 oz

Fruits & Juices

apple	2 large 2.75 small
avocado	2.32 avocado
banana	0.88 small
blueberries	1.5 Cup(s)
grapes	1.88 Cup(s)
lemon juice	1 Tbsp
orange	3.75 fruit

Ingredients

balsamic vinegar	5.5 Tbsp
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Legumes & Beans

green split peas	0.38 Cup(s)
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Nuts & Seeds

almond butter	5.25 Tbsp
cashews	5.64 oz

Poultry

boneless chicken	18 oz
chicken breast	6 oz
ground turkey	6 oz
skinless chicken breast	4 oz
turkey bacon, low sodium	9.75 slices

Snacks

turkey jerky	2 oz
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Soup

chicken vegetable soup, low sodium

0.25 Cup(s)

Spices & Herbs

garlic powder

1 tsp

onion powder

1 tsp

Sports & Diet Nutritionals

vegetable protein powder

19.88 Tbsp

Uncategorized

2 egg vegetable omlette

4 serving

fish salmon coho wild raw

12 oz

Vegetables

beets

1.33 Cup(s)

broccoli

3 Cup(s)

broccoli florets

1 Cup(s)

cabbage

1.5 Cup(s)

cauliflower

5 flowerets

cucumber

0.5 small

delicata squash

1.5 Cup(s)

garlic

1 clove

green leaf lettuce

4 Cup(s)

green pepper

2 medium

kale

10.67 Cup(s)

mashed sweet potatoes

1.38 Cup(s)

mixed vegetables

2.25 Cup(s)

mushrooms

1.5 Cup(s)

onion

1 Cup(s)

0.5 small

red pepper

2 Cup(s)

spinach

4 Cup(s)

summer squash

4 Cup(s)

yam

1.83 Cup(s)

Vegetarian Products

meat free sausage

2.64 sausages

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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 1/3 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	 Swets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox