

5 meals/day - Anti-Inflammatory 1315 (A)

DAY 1

Breakfast 7:00 AM	egg	1 large	91 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	tomatoes	1/2 Cup(s)	13 cal
	spinach (boiled)	1/2 Cup(s)	21 cal
	whole wheat bread	1 slice	100 cal
	blackberries	1/2 Cup(s)	31 cal
	black tea (brewed)	16 fl oz	28 cal
	garlic	1 clove	4 cal

MEAL TOTAL: Calories 349 cal / **Carbs** 37 g (41%) / **Protein** 16 g (18%) / **Fat** 16 g (41%) / **Fluid** 25 fl oz

NOTES:

Snack 10:00 AM	apple	1 large	110 cal
	drinking water	16 fl oz	0 cal
	walnuts	1/2 oz	92 cal

MEAL TOTAL: Calories 202 cal / **Carbs** 31 g (56%) / **Protein** 3 g (5%) / **Fat** 9 g (39%) / **Fluid** 22 fl oz

NOTES:

Lunch 12:00 PM	turkey breast (cooked)	2 oz	77 cal
	baby carrots	10 large	53 cal
	romaine lettuce	1 Cup(s)	8 cal
	tomatoes	1/2 Cup(s)	13 cal
	drinking water	16 fl oz	0 cal
	whole wheat pita bread	1/2 large	85 cal
	avocado	1/4 avocado	80 cal

MEAL TOTAL: Calories 317 cal / **Carbs** 39 g (46%) / **Protein** 23 g (28%) / **Fat** 10 g (26%) / **Fluid** 27 fl oz

NOTES:

Snack 3:00 PM	edamame, shelled	1/2 Cup(s)	60 cal
	hummus, lower sodium	2 Tbsp	52 cal
	whole wheat crackers, low sodium	4 cracker, square	71 cal
	iced green tea	16 fl oz	0 cal

MEAL TOTAL: Calories 183 cal / **Carbs** 19 g (41%) / **Protein** 9 g (19%) / **Fat** 8 g (40%) / **Fluid** 17 fl oz

NOTES:

Dinner 6:00 PM	broccoli (boiled)	1 Cup(s)	55 cal
	drinking water	16 fl oz	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	white beans (boiled)	1/4 Cup(s)	64 cal
	quinoa (cooked)	1/4 Cup(s)	56 cal
	cod fish (cooked)	2 oz	60 cal

MEAL TOTAL: Calories 293 cal / **Carbs** 33 g (43%) / **Protein** 23 g (30%) / **Fat** 9 g (27%) / **Fluid** 24 fl oz

NOTES:

DAY 1 TOTAL: Calories 1,344 cal / **Carbs** 159 g (45%) / **Protein** 73 g (21%) / **Fat** 53 g (34%) / **Fluid** 115 fl oz

DAY 2

Breakfast 7:00 AM	banana	1/2 extra large	68 cal
	black tea (brewed)	16 fl oz	28 cal
	nonfat plain greek yogurt	3 oz	50 cal
	whole wheat bread	1 slice	100 cal
	almond butter, no added salt	1 Tbsp	98 cal

MEAL TOTAL: Calories 345 cal / **Carbs** 45 g (52%) / **Protein** 18 g (20%) / **Fat** 11 g (28%) / **Fluid** 20 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	grapes	3 oz	48 cal
	almonds	3/4 oz	122 cal
	dried apricot	3/4 oz	51 cal

MEAL TOTAL: Calories 221 cal / **Carbs** 30 g (49%) / **Protein** 6 g (10%) / **Fat** 11 g (41%) / **Fluid** 19 fl oz

NOTES:

Lunch 12:00 PM	balsamic vinegar	1 Tbsp	14 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	2 oz	49 cal
	tomatoes	1/2 Cup(s)	13 cal
	quinoa (cooked)	1/2 Cup(s)	111 cal


MEAL TOTAL: Calories 323 cal / **Carbs** 28 g (34%) / **Protein** 17 g (20%) / **Fat** 17 g (46%) / **Fluid** 26 fl oz

NOTES:

Snack 3:00 PM	pear	1 large	119 cal
	egg (hard boiled)	1 large	78 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 197 cal / **Carbs** 32 g (62%) / **Protein** 7 g (14%) / **Fat** 6 g (24%) / **Fluid** 23 fl oz

NOTES:

Dinner 6:00 PM	 tofu and mushroom stir-fry	1/2 serving	211 cal
	brown rice (cooked)	1/3 Cup(s)	73 cal
	iced green tea	16 fl oz	0 cal

MEAL TOTAL: Calories 284 cal / **Carbs** 31 g (41%) / **Protein** 13 g (18%) / **Fat** 14 g (41%) / **Fluid** 24 fl oz

NOTES:



Eating right, simplified.

DAY 2 TOTAL: Calories 1,369 cal / Carbs 166 g (46%) / Protein 61 g (17%) / Fat 58 g (37%) / Fluid 112 fl oz

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DAY 3

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	whole wheat english muffin	1 muffin	134 cal
	blueberries	1/2 Cup(s)	41 cal
	nonfat plain greek yogurt	3 oz	50 cal
	almond butter, no added salt	1 Tbsp	98 cal

MEAL TOTAL: Calories 324 cal / **Carbs** 43 g (51%) / **Protein** 18 g (21%) / **Fat** 11 g (28%) / **Fluid** 22 fl oz

NOTES:

Snack 10:00 AM	banana	1/2 extra large	68 cal
	drinking water	16 fl oz	0 cal
	walnuts	1/2 oz	92 cal
	dried apricot	1/4 oz	17 cal

MEAL TOTAL: Calories 176 cal / **Carbs** 24 g (49%) / **Protein** 3 g (7%) / **Fat** 9 g (44%) / **Fluid** 18 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	shrimp (cooked)	2 oz	67 cal
	extra virgin olive oil	1 Tbsp	120 cal
	edamame, shelled	1/4 Cup(s)	30 cal
	tomatoes	1/2 Cup(s)	13 cal
	lemon juice	2 Tbsp	7 cal
	quinoa (cooked)	1/4 Cup(s)	56 cal

MEAL TOTAL: Calories 309 cal / **Carbs** 21 g (26%) / **Protein** 19 g (24%) / **Fat** 18 g (50%) / **Fluid** 25 fl oz

NOTES:

Snack 3:00 PM	baby carrots	15 large	79 cal
	drinking water	16 fl oz	0 cal
	hummus, lower sodium	2 Tbsp	52 cal
	whole wheat crackers, low sodium	4 cracker, square	71 cal

MEAL TOTAL: Calories 202 cal / **Carbs** 34 g (64%) / **Protein** 5 g (10%) / **Fat** 6 g (26%) / **Fluid** 24 fl oz

NOTES:

Dinner
6:00 PM

	drinking water	16 fl oz	0 cal
	tofu and mushroom stir-fry	1/2 serving	211 cal
	brown rice (cooked)	1/3 Cup(s)	73 cal

MEAL TOTAL: Calories 284 cal / **Carbs** 31 g (41%) / **Protein** 13 g (18%) / **Fat** 14 g (41%) / **Fluid** 24 fl oz

NOTES:

DAY 3 TOTAL: Calories 1,295 cal / **Carbs** 153 g (45%) / **Protein** 60 g (17%) / **Fat** 58 g (38%) / **Fluid** 112 fl oz

DAY 4

Breakfast 7:00 AM	blueberries	1 Cup(s)	83 cal
	drinking water	16 fl oz	0 cal
	almonds	1/4 oz	41 cal
	 ginger spiced oatmeal	1/2 serving	183 cal

MEAL TOTAL: Calories 306 cal / **Carbs** 58 g (72%) / **Protein** 8 g (10%) / **Fat** 7 g (18%) / **Fluid** 28 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	pear	1 large	119 cal
	walnuts	1/2 oz	92 cal

MEAL TOTAL: Calories 211 cal / **Carbs** 34 g (58%) / **Protein** 3 g (5%) / **Fat** 9 g (37%) / **Fluid** 22 fl oz

NOTES:

Lunch 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	whole wheat pita bread	1/2 large	85 cal
	romaine lettuce	1 Cup(s)	8 cal
	iced green tea	16 fl oz	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	canned sardines in olive oil	1 oz	80 cal
	broccoli (boiled)	1/2 Cup(s)	27 cal

MEAL TOTAL: Calories 335 cal / **Carbs** 27 g (32%) / **Protein** 10 g (12%) / **Fat** 22 g (56%) / **Fluid** 21 fl oz

NOTES:

Snack 3:00 PM	baby carrots	10 large	53 cal
	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	hummus, lower sodium	2 Tbsp	52 cal

MEAL TOTAL: Calories 132 cal / **Carbs** 23 g (65%) / **Protein** 5 g (13%) / **Fat** 4 g (22%) / **Fluid** 26 fl oz

NOTES:

Dinner 6:00 PM	green snap beans	4 oz	35 cal
	salmon (cooked)	2 oz	87 cal
	white beans (boiled)	1/2 Cup(s)	127 cal
	quinoa (cooked)	1/4 Cup(s)	56 cal
	black tea (brewed)	16 fl oz	28 cal

MEAL TOTAL: Calories 333 cal / **Carbs** 42 g (54%) / **Protein** 26 g (33%) / **Fat** 5 g (13%) / **Fluid** 24 fl oz

NOTES:

DAY 4 TOTAL: Calories 1,315 cal / **Carbs** 184 g (54%) / **Protein** 52 g (15%) / **Fat** 46 g (31%) / **Fluid** 121 fl oz

DAY 5

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	whole wheat bread	1/2 slice	50 cal
	ginger spiced oatmeal	1/2 serving	183 cal
	almond butter, no added salt	1/2 Tbsp	49 cal
	blackberries	1/2 Cup(s)	31 cal

MEAL TOTAL: Calories 313 cal / **Carbs** 54 g (65%) / **Protein** 10 g (13%) / **Fat** 8 g (22%) / **Fluid** 26 fl oz

NOTES:

Snack 10:00 AM	apple	1 large	110 cal
	drinking water	16 fl oz	0 cal
	almond butter, no added salt	1 Tbsp	98 cal

MEAL TOTAL: Calories 208 cal / **Carbs** 32 g (57%) / **Protein** 4 g (7%) / **Fat** 9 g (36%) / **Fluid** 22 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	whole wheat pita bread	1/2 large	85 cal
	tomatoes	1/2 Cup(s)	13 cal
	baby carrots	15 large	79 cal
	romaine lettuce	1 Cup(s)	8 cal
	boneless skinless chicken breast (uncooked)	2 oz	61 cal
	hummus, lower sodium	2 Tbsp	52 cal

MEAL TOTAL: Calories 299 cal / **Carbs** 45 g (57%) / **Protein** 20 g (25%) / **Fat** 6 g (18%) / **Fluid** 29 fl oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	3 oz	50 cal
	walnuts	1/2 oz	92 cal
	blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: Calories 183 cal / **Carbs** 15 g (32%) / **Protein** 11 g (23%) / **Fat** 10 g (45%) / **Fluid** 21 fl oz

NOTES:

Dinner
6:00 PM

shrimp (cooked)	1 oz	34 cal
broccoli (boiled)	1 Cup(s)	55 cal
edamame, shelled	1/2 Cup(s)	60 cal
extra virgin olive oil	1 Tbsp	120 cal
quinoa (cooked)	1/4 Cup(s)	56 cal
iced green tea	16 fl oz	0 cal

MEAL TOTAL: Calories 324 cal / **Carbs** 25 g (30%) / **Protein** 17 g (20%) / **Fat** 19 g (50%) / **Fluid** 23 fl oz**NOTES:****DAY 5 TOTAL: Calories** 1,327 cal / **Carbs** 172 g (49%) / **Protein** 63 g (18%) / **Fat** 52 g (33%) / **Fluid** 121 fl oz

DAY 6

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	whole wheat english muffin	1 muffin	134 cal
	blueberries	1/2 Cup(s)	41 cal
	nonfat plain greek yogurt	3 oz	50 cal
	ground flaxseed	1 Tbsp	70 cal
	almond butter, no added salt	1/2 Tbsp	49 cal

MEAL TOTAL: Calories 345 cal / **Carbs** 46 g (49%) / **Protein** 20 g (21%) / **Fat** 12 g (30%) / **Fluid** 22 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	3/4 oz	137 cal
	dried apricot	1/2 oz	34 cal

MEAL TOTAL: Calories 172 cal / **Carbs** 12 g (25%) / **Protein** 4 g (8%) / **Fat** 14 g (67%) / **Fluid** 16 fl 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
	balsamic vinegar	1 Tbsp	14 cal
	olive oil	1 Tbsp	119 cal
	boneless skinless chicken breast (uncooked)	1 oz	31 cal
	brown rice (cooked)	1/4 Cup(s)	55 cal
	white beans (boiled)	1/4 Cup(s)	64 cal

MEAL TOTAL: Calories 312 cal / **Carbs** 32 g (40%) / **Protein** 13 g (16%) / **Fat** 15 g (44%) / **Fluid** 25 fl oz


NOTES:

Snack 3:00 PM	apple	1 large	110 cal
	iced green tea	16 fl oz	0 cal
	almond butter, no added salt	1 Tbsp	98 cal

MEAL TOTAL: Calories 208 cal / **Carbs** 32 g (57%) / **Protein** 4 g (7%) / **Fat** 9 g (36%) / **Fluid** 22 fl oz

NOTES:

Dinner
6:00 PM

drinking water	16 fl oz	0 cal
spinach (boiled)	1 Cup(s)	41 cal
extra virgin olive oil	1/2 Tbsp	60 cal
 barley salad with turmeric and almonds	1/2 serving	140 cal
cod fish (cooked)	2 oz	60 cal

MEAL TOTAL: Calories 301 cal / **Carbs** 30 g (38%) / **Protein** 23 g (28%) / **Fat** 12 g (34%) / **Fluid** 26 fl oz**NOTES:****DAY 6 TOTAL: Calories** 1,337 cal / **Carbs** 152 g (42%) / **Protein** 63 g (18%) / **Fat** 63 g (40%) / **Fluid** 110 fl oz

DAY 7

Breakfast 7:00 AM	egg (hard boiled)	1 large	78 cal
	banana	1/2 extra large	68 cal
	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	3 oz	50 cal
	peach	1 large	61 cal
	ground flaxseed	1 Tbsp	70 cal

MEAL TOTAL: Calories 327 cal / **Carbs** 40 g (46%) / **Protein** 20 g (23%) / **Fat** 12 g (31%) / **Fluid** 26 fl oz

NOTES:

Snack 10:00 AM	baby carrots	15 large	79 cal
	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	hummus, lower sodium	2 Tbsp	52 cal

MEAL TOTAL: Calories 158 cal / **Carbs** 29 g (69%) / **Protein** 5 g (12%) / **Fat** 4 g (19%) / **Fluid** 28 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	extra firm tofu	2 oz	52 cal
	broccoli (boiled)	1 Cup(s)	55 cal
	quinoa (cooked)	1/2 Cup(s)	111 cal


MEAL TOTAL: Calories 337 cal / **Carbs** 32 g (36%) / **Protein** 13 g (15%) / **Fat** 20 g (49%) / **Fluid** 25 fl oz

NOTES:

Snack 3:00 PM	apple	1 large	110 cal
	walnuts	1/2 oz	92 cal
	iced green tea	16 fl oz	0 cal

MEAL TOTAL: Calories 202 cal / **Carbs** 31 g (56%) / **Protein** 3 g (5%) / **Fat** 9 g (39%) / **Fluid** 22 fl oz

NOTES:

Dinner 6:00 PM	kale (boiled)	1 Cup(s)	36 cal
	drinking water	16 fl oz	0 cal
	boneless skinless chicken breast (uncooked)	3 oz	92 cal
	 barley salad with turmeric and almonds	1/2 serving	140 cal

MEAL TOTAL: Calories 268 cal / **Carbs** 31 g (44%) / **Protein** 24 g (34%) / **Fat** 7 g (22%) / **Fluid** 25 fl oz

NOTES:



Eating right, simplified.

DAY 7 TOTAL: Calories 1,292 cal / **Carbs** 163 g (47%) / **Protein** 66 g (19%) / **Fat** 52 g (34%) / **Fluid** 126 fl oz

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2 Servings

tofu and mushroom stir-fry

Ingredients

soy sauce, low-sodium	2 Tbsp
rice vinegar	2 Tbsp
honey	1 Tbsp
sesame oil	1 tsp
crushed red pepper flakes	1/4 tsp
extra firm tofu	12 oz
drinking water	1/4 Cup(s)
cornstarch	1 tsp
extra virgin olive oil	2 Tbsp
mushrooms	6 oz
garlic	4 clove
ginger root	2 Tbsp
green snap beans	8 oz
green onion	4 medium

Nutrition Totals

Calories 843 / **Carbs** 62 g / **Protein** 47 g / **Fat** 54 g / **Fluid** 26 fl oz

Instructions

1. Combine soy sauce, vinegar, honey, sesame oil and red pepper flakes in a medium bowl.
2. Dice tofu and add to marinade. Allow tofu to marinate for 30-60 minutes in the refrigerator.
3. Drain tofu but reserve marinade in small bowl.
4. Add water and cornstarch into marinade.
5. Heat 1 tablespoon olive oil in large nonstick skillet over medium-high heat. Add tofu and brown. Once browned, transfer tofu to a plate.
6. Add remaining olive oil to skillet over medium-high heat.
7. Slice mushrooms and add to hot skillet. Stir-fry until tender.
8. Mince garlic and ginger and add to pan, along with sugar snap peas. Stir-fry until tender.

9. Return tofu to skillet and add in reserved marinade mixture.
10. Stir-fry until marinade thickens slightly.
11. Garnish with sliced green onions prior to serving.

Nutrition Label

Tofu And Mushroom Stir- Fry		
Amount Per Serving		
Calories		422
% Daily Value*		
Total Fat	26.8g	41%
Saturated Fat	3.3g	17%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	598.6mg	25%
Total Carbohydrates	30.8g	10%
Dietary Fiber	5.6g	23%
Total Sugar	15.7g	
Protein	23.6g	
Vitamin D	5.9IU	1%
Calcium	376.2mg	38%
Iron	5.3mg	30%
Potassium	871.5mg	

* 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.



2 Servings

ginger spiced oatmeal

Ingredients

drinking water	4 Cup(s)
oatmeal prepared with steel cut oats	1 Cup(s)
ground cinnamon	2 tsp
spices cloves ground	1/8 tsp
ginger, ground	1/2 Tbsp
allspice, ground	1/4 tsp
nutmeg, ground	1/8 tsp
spices cardamom	1/4 tsp
syrops maple	1 fl oz

Nutrition Totals

Calories 730 / Carbs 142 g / Protein 21 g / Fat 10 g / Fluid 32 fl oz

Instructions

1. In a large saucepan, bring water to a simmer over medium heat.
2. Stir in the oats. Reduce heat to maintain a gentle simmer.
3. Cook for 20 minutes, stirring occasionally.
4. Add in spices and continue to stir and simmer for an additional 10 minutes, or until almost all liquid is absorbed.
5. Remove from heat and allow to cool slightly.
6. Drizzle with maple syrup.

Nutrition Label

Ginger Spiced Oatmeal	
Amount Per Serving	
Calories	365
% Daily Value*	
Total Fat 5.2g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3.6mg	0%
Total Carbohydrates 70.8g	24%
Dietary Fiber 9.6g	38%
Total Sugar 15.8g	
Protein 10.2g	
Vitamin D 0IU	0%
Calcium 48.7mg	5%
Iron 4.1mg	23%
Potassium 77.4mg	

* 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.



4 Servings

barley salad with turmeric and almonds

Ingredients

barley pearly raw	3/4 Cup(s)
drinking water	2 1/4 Cup(s)
extra virgin olive oil	1 Tbsp
onion	1/2 Cup(s)
dried apricot	2 oz
slivered almonds	1/4 cups
parsley	1 tablespoons
nonfat plain greek yogurt	4 oz
honey	1 Tbsp
lemon juice	1 Tbsp
ground cinnamon	1/4 tsp
spices turmeric ground	1/4 tsp
kosher salt	1/8 tsp
nutmeg, ground	1/8 tsp

Nutrition Totals

Calories 1119 / **Carbs** 187 g / **Protein** 35 g / **Fat** 32 g / **Fluid** 23 fl oz

Instructions

1. Rinse barley in a sieve.
2. In a large saucepan, bring water to a boil. Add in barley and return to a boil. Cover, and simmer until water is absorbed, about 45-50 minutes. Cool.
3. In a small skillet, place oil over medium heat.
4. Dice onion and add to hot oil. Sauté onions until slightly browned.
5. In a large bowl combine cooled barley, sautéed onions, diced dried apricots, almonds and fresh parsley.
6. In a separate small bowl, combine yogurt, honey, lemon juice, and spices to make a dressing.
7. Pour the dressing over the barley mixture and toss.

Nutrition Label

Barley Salad With Turmeric And Almonds		
Amount Per Serving		
Calories		280
% Daily Value*		
Total Fat	7.9g	12%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	1.4mg	0%
Sodium	28mg	1%
Total Carbohydrates	46.8g	16%
Dietary Fiber	7.3g	29%
Total Sugar	13.8g	
Protein	8.8g	
Vitamin D	0IU	0%
Calcium	58mg	6%
Iron	1.5mg	9%
Potassium	351.4mg	

* 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

Accompaniments

cornstarch	0.5 tsp
honey	0.76 Tbsp
kosher salt	0.04 tsp
rice vinegar	1 Tbsp
soy sauce, low-sodium	1 Tbsp

Beverages

black tea (brewed)	48 fl oz
drinking water	416 fl oz
	2.68 Cup(s)
iced green tea	96 fl oz

Bread

whole wheat bread	2.5 slice
whole wheat english muffin	2 muffin
whole wheat pita bread	1.5 large

Cereal & Grain Products

brown rice	0.91 Cup(s)
oatmeal prepared with steel cut oats	0.5 Cup(s)
quinoa	2 Cup(s)

Cookies & Crackers

whole wheat crackers, low sodium	8 cracker, square
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Dairy & Egg

egg	3 large
nonfat plain greek yogurt	16 oz

Fats & Oils

extra virgin olive oil	7.76 Tbsp
olive oil	1 Tbsp

sesame oil

0.5 tsp

Finfish & Shellfish

canned sardines in olive oil	1 oz
canned tuna in water	2 oz
cod fish	4 oz
salmon	2 oz
shrimp	3 oz

Fruits & Juices

apple	4 large
avocado	0.25 avocado
banana	1.5 extra large
blackberries	1 Cup(s)
blueberries	2.5 Cup(s)
dried apricot	2 oz
grapes	3 oz
lemon juice	2.26 Tbsp
peach	1 large
pear	2 large

Ingredients

balsamic vinegar	3 Tbsp
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Legumes & Beans

edamame, shelled	1.25 Cup(s)
green snap beans	8 oz
hummus, lower sodium	10 Tbsp
white beans	1 Cup(s)

Nuts & Seeds

almond butter, no added salt	5 Tbsp
almonds	1 oz
ground flaxseed	2 Tbsp
walnuts	3.25 oz

Poultry

boneless skinless chicken breast (uncooked)	6 oz
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turkey breast (cooked)	2 oz
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Spices & Herbs

allspice, ground	0.12 tsp
crushed red pepper flakes	0.12 tsp
ginger, ground	0.26 Tbsp
ground cinnamon	1.06 tsp
nutmeg, ground	0.1 tsp
parsley	0.26 tablespoons

Uncategorized

barley pearled raw	0.18 Cup(s)
slivered almonds	0.06 cups
spices cardamom	0.12 tsp
spices cloves ground	0.06 tsp
spices turmeric ground	0.06 tsp
syrops maple	0.5 fl oz

Vegetables

baby carrots	65 large
broccoli	3.5 Cup(s)
garlic	3 clove
ginger root	1 Tbsp
green onion	2 medium
kale	1 Cup(s)
mushrooms	3 oz
onion	0.12 Cup(s)
romaine lettuce	9 Cup(s)
spinach	1.5 Cup(s)
tomatoes	5 Cup(s)













Vegetarian Products

extra firm tofu	8 oz
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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