

5 meals/day - Anti-Inflammatory 2185 (C)

DAY 1

Breakfast 7:00 AM	egg	1 large	91 cal
	extra virgin olive oil	1 Tbsp	120 cal
	black tea (brewed)	16 fl oz	28 cal
	oatmeal prepared with quick oats	1 1/2 Cup(s)	225 cal
	ground cinnamon	1/2 tsp	3 cal
	grapefruit	1 fruit	52 cal

MEAL TOTAL: Calories 519 cal / **Carbs** 57 g (45%) / **Protein** 15 g (11%) / **Fat** 25 g (44%) / **Fluid** 21 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1 oz	183 cal
	apricot	4 apricot	67 cal
	pineapple	1 Cup(s)	78 cal

MEAL TOTAL: Calories 328 cal / **Carbs** 40 g (44%) / **Protein** 7 g (8%) / **Fat** 19 g (48%) / **Fluid** 25 fl oz

NOTES:

Lunch 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	drinking water	16 fl oz	0 cal
	avocado	1/2 avocado	161 cal
	white beans (boiled)	1/2 Cup(s)	127 cal
	wild rice (cooked)	1/2 Cup(s)	83 cal
	boneless skinless chicken breast (uncooked)	4 oz	122 cal

MEAL TOTAL: Calories 501 cal / **Carbs** 51 g (39%) / **Protein** 37 g (28%) / **Fat** 19 g (33%) / **Fluid** 27 fl oz

NOTES:

Snack 3:00 PM	iced green tea	16 fl oz	0 cal
	cucumber	1 1/2 Cup(s)	8 cal
	hummus, lower sodium	4 Tbsp	105 cal
	rye crispbread, unsalted	4 slices	220 cal

MEAL TOTAL: Calories 332 cal / **Carbs** 59 g (68%) / **Protein** 11 g (13%) / **Fat** 7 g (19%) / **Fluid** 19 fl oz

NOTES:

Dinner
6:00 PM

drinking water	16 fl oz	0 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal
cod fish (cooked)	3 oz	89 cal
asparagus (boiled)	10 spears	33 cal
spinach	2 Cup(s)	10 cal
barley (cooked)	1 Cup(s)	193 cal

MEAL TOTAL: Calories 505 cal / **Carbs** 57 g (42%) / **Protein** 29 g (21%) / **Fat** 23 g (37%) / **Fluid** 27 fl oz**NOTES:****DAY 1 TOTAL: Calories** 2,186 cal / **Carbs** 264 g (46%) / **Protein** 98 g (17%) / **Fat** 93 g (37%) / **Fluid** 118 fl oz

DAY 2

Breakfast 7:00 AM	black tea (brewed)	16 fl oz	28 cal
	nonfat plain greek yogurt	6 oz	100 cal
	smooth peanut butter, no added salt	1 1/2 Tbsp	141 cal
	whole grain bread	1 slice	120 cal
	raw hemp seeds	2 Tbsp	113 cal
	apricot	2 apricot	34 cal

MEAL TOTAL: Calories 537 cal / **Carbs** 42 g (32%) / **Protein** 36 g (27%) / **Fat** 24 g (41%) / **Fluid** 23 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	almonds	1 1/4 oz	203 cal
	banana	1 extra large	135 cal

MEAL TOTAL: Calories 338 cal / **Carbs** 42 g (46%) / **Protein** 9 g (10%) / **Fat** 18 g (44%) / **Fluid** 20 fl oz

NOTES:

Lunch 12:00 PM	extra virgin olive oil	1 1/2 Tbsp	180 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	16 fl oz	0 cal
	canned tuna in water	6 oz	146 cal
	tomatoes	1 Cup(s)	27 cal
	cucumber	1 Cup(s)	5 cal
	wild rice (cooked)	1 Cup(s)	166 cal
	lemon juice	1 Tbsp	3 cal

MEAL TOTAL: Calories 543 cal / **Carbs** 46 g (32%) / **Protein** 42 g (30%) / **Fat** 24 g (38%) / **Fluid** 34 fl oz

NOTES:

Snack 3:00 PM	egg (hard boiled)	2 large	155 cal
	drinking water	16 fl oz	0 cal
	cantaloupe melon	2 Cup(s)	109 cal

MEAL TOTAL: Calories 264 cal / **Carbs** 27 g (40%) / **Protein** 15 g (23%) / **Fat** 11 g (37%) / **Fluid** 28 fl oz

NOTES:

Dinner
6:00 PM

iced green tea	16 fl oz	0 cal
 soba noodle salad	1 serving	223 cal
green peas (boiled)	1 Cup(s)	138 cal
boneless skinless chicken breast (uncooked)	5 oz	153 cal

MEAL TOTAL: Calories 515 cal / **Carbs** 63 g (48%) / **Protein** 44 g (33%) / **Fat** 11 g (19%) / **Fluid** 31 fl oz

NOTES:

DAY 2 TOTAL: Calories 2,196 cal / **Carbs** 221 g (39%) / **Protein** 146 g (26%) / **Fat** 88 g (35%) / **Fluid** 136 fl oz

DAY 3

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	6 oz	100 cal
	whole grain bread	2 slice	240 cal
	smooth peanut butter, no added salt	1 1/2 Tbsp	141 cal
	pineapple	1 Cup(s)	78 cal

MEAL TOTAL: Calories 559 cal / **Carbs** 71 g (49%) / **Protein** 34 g (23%) / **Fat** 18 g (28%) / **Fluid** 25 fl oz

NOTES:

Snack 10:00 AM	banana	1 extra large	135 cal
	drinking water	16 fl oz	0 cal
	walnuts	3/4 oz	137 cal

MEAL TOTAL: Calories 273 cal / **Carbs** 38 g (50%) / **Protein** 5 g (7%) / **Fat** 14 g (43%) / **Fluid** 20 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	shrimp (cooked)	3 oz	101 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	lemon juice	2 Tbsp	7 cal
	wild rice (cooked)	1 Cup(s)	166 cal
	asparagus (boiled)	10 spears	33 cal

MEAL TOTAL: Calories 503 cal / **Carbs** 48 g (36%) / **Protein** 31 g (23%) / **Fat** 24 g (41%) / **Fluid** 31 fl oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	hummus, lower sodium	3 Tbsp	78 cal
	cucumber	1 Cup(s)	5 cal
	red pepper	1 Cup(s)	46 cal
	rye crispbread, unsalted	3 slices	165 cal

MEAL TOTAL: Calories 295 cal / **Carbs** 53 g (70%) / **Protein** 10 g (13%) / **Fat** 6 g (17%) / **Fluid** 23 fl oz

NOTES:

Dinner
6:00 PM


	drinking water	16 fl oz	0 cal
📄	soba noodle salad	1 serving	223 cal
	green peas (boiled)	1 Cup(s)	138 cal
	boneless skinless chicken breast (uncooked)	5 oz	153 cal

MEAL TOTAL: Calories 515 cal / **Carbs** 63 g (48%) / **Protein** 44 g (33%) / **Fat** 11 g (19%) / **Fluid** 31 fl oz

NOTES:

DAY 3 TOTAL: Calories 2,144 cal / **Carbs** 272 g (49%) / **Protein** 123 g (22%) / **Fat** 73 g (29%) / **Fluid** 130 fl oz

DAY 4

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	almonds	1/2 oz	81 cal
	 ginger turmeric smoothie	1 serving	179 cal
	oatmeal prepared with quick oats	1 1/2 Cup(s)	225 cal
	ground cinnamon	1/2 tsp	3 cal

MEAL TOTAL: Calories 488 cal / **Carbs** 81 g (63%) / **Protein** 12 g (9%) / **Fat** 16 g (28%) / **Fluid** 21 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1 oz	183 cal
	banana	1 extra large	135 cal

MEAL TOTAL: Calories 318 cal / **Carbs** 39 g (44%) / **Protein** 6 g (7%) / **Fat** 19 g (49%) / **Fluid** 20 fl oz

NOTES:

Lunch 12:00 PM	iced green tea	16 fl oz	0 cal
	extra virgin olive oil	2 Tbsp	240 cal
	extra firm tofu	3 oz	77 cal
	baby bok choy	2 Cup(s)	20 cal
	barley (cooked)	1 Cup(s)	193 cal

MEAL TOTAL: Calories 531 cal / **Carbs** 50 g (36%) / **Protein** 14 g (10%) / **Fat** 34 g (54%) / **Fluid** 22 fl oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	hummus, lower sodium	3 Tbsp	78 cal
	cucumber	1 Cup(s)	5 cal
	rye crispbread, unsalted	4 slices	220 cal

MEAL TOTAL: Calories 304 cal / **Carbs** 56 g (71%) / **Protein** 10 g (13%) / **Fat** 6 g (16%) / **Fluid** 18 fl oz

NOTES:

Dinner
6:00 PM

salmon (cooked)	3 oz	130 cal
white beans (boiled)	1/2 Cup(s)	127 cal
black tea (brewed)	16 fl oz	28 cal
wild rice (cooked)	3/4 Cup(s)	124 cal
asparagus (boiled)	6 spears	20 cal
kale	1 Cup(s)	33 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: Calories 583 cal / **Carbs** 60 g (41%) / **Protein** 39 g (27%) / **Fat** 20 g (32%) / **Fluid** 28 fl oz**NOTES:****DAY 4 TOTAL: Calories** 2,223 cal / **Carbs** 286 g (49%) / **Protein** 81 g (14%) / **Fat** 95 g (37%) / **Fluid** 109 fl oz

DAY 5

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	ginger turmeric smoothie	1 serving	179 cal
	whole grain bread	2 slice	240 cal
	smooth peanut butter, no added salt	1 Tbsp	94 cal

MEAL TOTAL: Calories 513 cal / **Carbs** 80 g (59%) / **Protein** 15 g (11%) / **Fat** 18 g (30%) / **Fluid** 21 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	almonds	1 oz	162 cal
	cantaloupe melon	2 Cup(s)	109 cal
	grapefruit	1 fruit	52 cal

MEAL TOTAL: Calories 323 cal / **Carbs** 45 g (51%) / **Protein** 10 g (11%) / **Fat** 15 g (38%) / **Fluid** 29 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	boneless skinless chicken breast (uncooked)	4 oz	122 cal
	spaghetti squash (cooked)	1 Cup(s)	42 cal
	asparagus (boiled)	10 spears	33 cal
	extra virgin olive oil	2 Tbsp	240 cal
	grated parmesan cheese	2 Tbsp	43 cal

MEAL TOTAL: Calories 480 cal / **Carbs** 17 g (13%) / **Protein** 32 g (25%) / **Fat** 35 g (62%) / **Fluid** 29 fl oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	6 oz	100 cal
	walnuts	3/4 oz	137 cal
	cantaloupe melon	2 Cup(s)	109 cal

MEAL TOTAL: Calories 346 cal / **Carbs** 35 g (38%) / **Protein** 23 g (25%) / **Fat** 15 g (37%) / **Fluid** 31 fl oz

NOTES:

Dinner
6:00 PM

extra virgin olive oil	1 Tbsp	120 cal
iced green tea	16 fl oz	0 cal
lean grass-fed strip steak	3 oz	87 cal
yam (baked)	1 1/2 Cup(s)	237 cal
green peas (boiled)	1 Cup(s)	138 cal

MEAL TOTAL: Calories 582 cal / **Carbs** 82 g (54%) / **Protein** 32 g (21%) / **Fat** 17 g (25%) / **Fluid** 27 fl oz**NOTES:****DAY 5 TOTAL: Calories** 2,244 cal / **Carbs** 260 g (43%) / **Protein** 112 g (19%) / **Fat** 100 g (38%) / **Fluid** 137 fl oz

DAY 6

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	8 oz	134 cal
	ground flaxseed	2 Tbsp	140 cal
	whole grain bread	1 slice	120 cal
	smooth peanut butter, no added salt	1 Tbsp	94 cal
	cantaloupe melon	1 Cup(s)	54 cal

MEAL TOTAL: Calories 542 cal / **Carbs** 52 g (36%) / **Protein** 39 g (27%) / **Fat** 24 g (37%) / **Fluid** 27 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1 oz	183 cal
	pineapple	1 1/2 Cup(s)	116 cal

MEAL TOTAL: Calories 299 cal / **Carbs** 34 g (42%) / **Protein** 6 g (7%) / **Fat** 19 g (51%) / **Fluid** 23 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
	boneless skinless chicken breast (uncooked)	3 oz	92 cal
	white beans (boiled)	1/2 Cup(s)	127 cal
	wild rice (cooked)	1/2 Cup(s)	83 cal
	extra virgin olive oil	1 Tbsp	120 cal
	yam (baked)	3/4 Cup(s)	118 cal

MEAL TOTAL: Calories 569 cal / **Carbs** 75 g (50%) / **Protein** 32 g (22%) / **Fat** 18 g (28%) / **Fluid** 30 fl oz

NOTES:

Snack 3:00 PM	iced green tea	16 fl oz	0 cal
	rye crispbread, unsalted	2 slices	110 cal
	cucumber	1 Cup(s)	5 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal

MEAL TOTAL: Calories 303 cal / **Carbs** 32 g (39%) / **Protein** 11 g (14%) / **Fat** 17 g (47%) / **Fluid** 17 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 Tbsp	120 cal
cod fish (cooked)	3 oz	89 cal
 spaghetti squash with pesto & mushrooms	1 serving	251 cal

MEAL TOTAL: Calories 502 cal / **Carbs** 28 g (21%) / **Protein** 31 g (23%) / **Fat** 33 g (56%) / **Fluid** 31 fl oz**NOTES:****DAY 6 TOTAL: Calories** 2,216 cal / **Carbs** 221 g (38%) / **Protein** 119 g (20%) / **Fat** 110 g (42%) / **Fluid** 129 fl oz

DAY 7

Breakfast 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
	ground flaxseed	2 Tbsp	140 cal
	grapefruit	1 fruit	52 cal

MEAL TOTAL: Calories 538 cal / **Carbs** 65 g (45%) / **Protein** 38 g (26%) / **Fat** 19 g (29%) / **Fluid** 31 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	hummus, lower sodium	3 Tbsp	78 cal
	cucumber	1 Cup(s)	5 cal
	red pepper	1 Cup(s)	46 cal
	rye crispbread, unsalted	3 slices	165 cal

MEAL TOTAL: Calories 295 cal / **Carbs** 53 g (70%) / **Protein** 10 g (13%) / **Fat** 6 g (17%) / **Fluid** 23 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	3 oz	77 cal
	wild rice (cooked)	1 Cup(s)	166 cal
	asparagus (boiled)	6 spears	20 cal
	green peas (boiled)	1 Cup(s)	138 cal

MEAL TOTAL: Calories 521 cal / **Carbs** 67 g (48%) / **Protein** 26 g (19%) / **Fat** 20 g (33%) / **Fluid** 30 fl oz

NOTES:

Snack 3:00 PM	walnuts	1 oz	183 cal
	iced green tea	16 fl oz	0 cal
	cantaloupe melon	2 Cup(s)	109 cal

MEAL TOTAL: Calories 292 cal / **Carbs** 30 g (38%) / **Protein** 7 g (9%) / **Fat** 19 g (53%) / **Fluid** 26 fl oz

NOTES:

Dinner

6:00 PM

	drinking water	16 fl oz	0 cal
	boneless skinless chicken breast (uncooked)	4 oz	122 cal
🍴	spaghetti squash with pesto & mushrooms	1 serving	251 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: Calories 509 cal / **Carbs** 25 g (18%) / **Protein** 30 g (22%) / **Fat** 36 g (60%) / **Fluid** 29 fl oz**NOTES:****DAY 7 TOTAL: Calories** 2,155 cal / **Carbs** 239 g (42%) / **Protein** 111 g (19%) / **Fat** 99 g (39%) / **Fluid** 139 fl oz



4 Servings

soba noodle salad

Ingredients

buckwheat soba noodles	8 oz
extra virgin olive oil	1/2 Tbsp
mushrooms shiitake raw	16 oz
onion	1 medium
carrots	1 medium
red pepper	1/2 Cup(s)
garlic	2 clove
ginger root	2 tsp
baby bok choy	2 Cup(s)
kale	2 Cup(s)
drinking water	1/4 Cup(s)
sesame oil	1 Tbsp
rice vinegar	1 oz
sriracha, hot chili sauce	1/4 tsp
teriyaki marinade & sauce, less sodium	2 Tbsp

Nutrition Totals

Calories 894 / **Carbs** 147 g / **Protein** 23 g / **Fat** 26 g / **Fluid** 27 fl oz

Instructions

1. Cook noodles according to package instructions. Drain, rinse, and place in a large bowl.
2. Chop mushrooms, onions, carrots, and peppers. Mince garlic and ginger.
3. Heat olive oil in a large skillet over medium-high heat. Add the mushrooms, onions, carrots, peppers, garlic and ginger.
4. Cook until tender. Place in the bowl with the noodles.
5. To the same skillet add the bok choy, kale and water. Cook until wilted, stirring constantly. Add to the noodle bowl.
6. Whisk together sesame oil, rice vinegar, hot chili sauce and teriyaki sauce. Pour over the salad and toss well.

Nutrition Label

Soba Noodle Salad	
Amount Per Serving	
Calories	223
% Daily Value*	
Total Fat 6.4g	10%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 377.8mg	16%
Total Carbohydrates 36.6g	12%
Dietary Fiber 6.5g	26%
Total Sugar 8.5g	
Protein 5.7g	
Vitamin D 20.4IU	3%
Calcium 114.7mg	11%
Iron 2.4mg	14%
Potassium 737.5mg	

* 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.



1 Servings

ginger turmeric smoothie

Ingredients

banana	1/2 extra large
pineapple	1/2 Cup(s)
ginger root	1 tsp
spices turmeric ground	1/4 tsp
lemon juice	1 Tbsp
honey	1 tsp
coconut milk beverage, unsweetened	1 Cup(s)

Nutrition Totals

Calories 179 / **Carbs** 37 g / **Protein** 1 g / **Fat** 5 g / **Fluid** 5 fl oz

Instructions

1. Place all ingredients in blender.
2. Add approx. 1 cup of ice - add more if you desire a thicker smoothie.
3. Blend thoroughly until all ingredients are pureed. Drink immediately.

Nutrition Label

Ginger Turmeric Smoothie		
Amount Per Serving		
Calories		179
% Daily Value*		
Total Fat	4.8g	7%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2.3mg	0%
Total Carbohydrates	37g	12%
Dietary Fiber	4.2g	17%
Total Sugar	23.1g	
Protein	1.4g	
Vitamin D	118.2IU	20%
Calcium	115mg	12%
Iron	0.7mg	4%
Potassium	435.1mg	

* 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

spaghetti squash with pesto & mushrooms

Ingredients

extra virgin olive oil	1 Tbsp
onion	1 medium
garlic	4 clove
mushrooms shiitake raw	4 oz
kale	2 Cup(s)
spaghetti squash (cooked)	4 Cup(s)
crushed red pepper flakes	1/4 tsp
classic basil pesto	4 oz
grated parmesan cheese	2 Tbsp

Nutrition Totals

Calories 1004 / **Carbs** 86 g / **Protein** 24 g / **Fat** 71 g / **Fluid** 30 fl oz

Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Dice onion and add to hot oil. Cook and stir until onion begins to turn translucent.
3. Mince garlic, slice mushrooms, and shred kale. Add to pan.
4. Reduce heat to medium-low and cook until all vegetables are tender.
5. Stir in prepared spaghetti squash, red pepper flakes and pesto.
6. Cook over low heat until all ingredients are heated through.
7. Top with parmesan cheese prior to serving.

Nutrition Label

Spaghetti Squash With Pesto & Mushrooms		
Amount Per Serving		
Calories		251
% Daily Value*		
Total Fat	17.8g	27%
Saturated Fat	2.9g	15%
Trans Fat	0g	
Cholesterol	2.2mg	1%
Sodium	394.8mg	16%
Total Carbohydrates	21.4g	7%
Dietary Fiber	5.8g	23%
Total Sugar	7.6g	
Protein	6g	
Vitamin D	5.6IU	1%
Calcium	122.8mg	12%
Iron	1.2mg	7%
Potassium	487.3mg	

* 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

classic basil pesto	2 oz
honey	2 tsp
rice vinegar	0.5 oz
sriracha, hot chili sauce	0.12 tsp
teriyaki marinade & sauce, less sodium	1 Tbsp

Beef

lean grass-fed strip steak	3 oz
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Beverages

black tea (brewed)	48 fl oz
coconut milk beverage, unsweetened	2 Cup(s)
drinking water	416 fl oz
	0.12 Cup(s)
iced green tea	96 fl oz

Bread

rye crispbread, unsalted	16 slices
whole grain bread	6 slice

Cereal & Grain Products

barley	2 Cup(s)
buckwheat soba noodles	4 oz
oatmeal prepared with quick oats	3 Cup(s)
wild rice	4.75 Cup(s)

Dairy & Egg

egg	4 large
grated parmesan cheese	3 Tbsp
nonfat plain greek yogurt	34 oz

Fats & Oils

extra virgin olive oil	16.26 Tbsp
sesame oil	0.5 Tbsp

Finfish & Shellfish

canned tuna in water	6 oz
cod fish	6 oz
salmon	3 oz
shrimp	3 oz

Fruits & Juices

apricot	6 apricot
avocado	0.5 avocado
banana	5 extra large
cantaloupe melon	9 Cup(s)
grapefruit	3 fruit
lemon juice	5 Tbsp
pineapple	4.5 Cup(s)

Legumes & Beans

hummus, lower sodium	13 Tbsp
white beans	1.5 Cup(s)

Nuts & Seeds

almonds	2.75 oz
ground flaxseed	4 Tbsp
raw hemp seeds	2 Tbsp
smooth peanut butter, no added salt	7 Tbsp
walnuts	5.5 oz

Poultry

boneless skinless chicken breast (uncooked)	25 oz
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Spices & Herbs

crushed red pepper flakes	0.12 tsp
ground cinnamon	1 tsp

Uncategorized

mushrooms shiitake raw	10 oz
spices turmeric ground	0.5 tsp

Vegetables

asparagus	42 spears
baby bok choy	3 Cup(s)
carrots	0.5 medium
cucumber	6.5 Cup(s)
garlic	3 clove
ginger root	3 tsp
green peas	4 Cup(s)
kale	3 Cup(s)
onion	1 medium
red pepper	2.26 Cup(s)
romaine lettuce	9 Cup(s)
spaghetti squash	3 Cup(s)
spinach	3 Cup(s)
tomatoes	1.5 Cup(s)
yam	2.25 Cup(s)

Vegetarian Products

extra firm tofu	6 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