

5 meals/day - Anti-Inflammatory 3024 (D)

DAY 1

Breakfast 7:00 AM	egg	2 large	182 cal
	extra virgin olive oil	1 Tbsp	120 cal
	spinach (boiled)	1 Cup(s)	41 cal
	black tea (brewed)	16 fl oz	28 cal
	garlic	1 clove	4 cal
	whole grain tortilla	2 tortilla	340 cal
	orange	1 fruit	69 cal

MEAL TOTAL: Calories 785 cal / **Carbs** 83 g (41%) / **Protein** 31 g (16%) / **Fat** 38 g (43%) / **Fluid** 29 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1 oz	183 cal
	pear	2 large	238 cal

MEAL TOTAL: Calories 421 cal / **Carbs** 68 g (58%) / **Protein** 6 g (5%) / **Fat** 19 g (37%) / **Fluid** 28 fl oz

NOTES:

Lunch 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	tomatoes	1/2 Cup(s)	13 cal
	drinking water	16 fl oz	0 cal
	avocado	1 avocado	322 cal
	tempeh	3 oz	162 cal
	extra virgin olive oil	1 Tbsp	120 cal
	basmati rice(cooked)	1 Cup(s)	200 cal

MEAL TOTAL: Calories 825 cal / **Carbs** 76 g (35%) / **Protein** 25 g (11%) / **Fat** 53 g (54%) / **Fluid** 27 fl oz

NOTES:

Snack 3:00 PM	edamame, shelled	1 Cup(s)	120 cal
	iced green tea	16 fl oz	0 cal
	swiss cheese	1 1/2 oz	162 cal
	brown rice crackers, no salt added	6 crackers	90 cal

MEAL TOTAL: Calories 372 cal / **Carbs** 27 g (29%) / **Protein** 24 g (26%) / **Fat** 18 g (45%) / **Fluid** 17 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
brussels sprouts (boiled)	1 Cup(s)	28 cal
buckwheat groats (cooked)	1 Cup(s)	155 cal
black eyed peas	1 Cup(s)	90 cal
sweet potato (baked)	1 Cup(s)	180 cal

MEAL TOTAL: Calories 722 cal / **Carbs** 97 g (52%) / **Protein** 37 g (20%) / **Fat** 23 g (28%) / **Fluid** 30 fl oz**NOTES:****DAY 1 TOTAL: Calories** 3,125 cal / **Carbs** 351 g (43%) / **Protein** 122 g (15%) / **Fat** 152 g (42%) / **Fluid** 130 fl oz

DAY 2

Breakfast 7:00 AM	black tea (brewed)	16 fl oz	28 cal
	nonfat plain greek yogurt	6 oz	100 cal
	blueberries	1 Cup(s)	83 cal
	sunflower flax bread	2 slice	270 cal
	chunky peanut butter, no added salt	2 Tbsp	188 cal

MEAL TOTAL: Calories 670 cal / **Carbs** 78 g (47%) / **Protein** 36 g (21%) / **Fat** 24 g (32%) / **Fluid** 25 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	grapes	8 oz	129 cal
	almonds	1 oz	162 cal
	pear	1 large	119 cal

MEAL TOTAL: Calories 411 cal / **Carbs** 69 g (61%) / **Protein** 9 g (8%) / **Fat** 15 g (31%) / **Fluid** 28 fl oz

NOTES:

Lunch 12:00 PM	extra virgin olive oil	2 Tbsp	240 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	sweet potato (baked)	1 1/2 Cup(s)	270 cal
	atlantic herring (cooked)	4 oz	230 cal


MEAL TOTAL: Calories 783 cal / **Carbs** 71 g (35%) / **Protein** 35 g (17%) / **Fat** 42 g (48%) / **Fluid** 34 fl oz

NOTES:

Snack 3:00 PM	egg (hard boiled)	2 large	155 cal
	drinking water	16 fl oz	0 cal
	pear	2 large	238 cal

MEAL TOTAL: Calories 393 cal / **Carbs** 65 g (62%) / **Protein** 14 g (14%) / **Fat** 11 g (24%) / **Fluid** 30 fl oz

NOTES:

Dinner 6:00 PM	iced green tea	16 fl oz	0 cal
	 indian eggplant curry	1 1/2 serving	455 cal
	basmati rice(cooked)	1 Cup(s)	200 cal

MEAL TOTAL: Calories 655 cal / **Carbs** 100 g (57%) / **Protein** 15 g (9%) / **Fat** 26 g (34%) / **Fluid** 40 fl oz

NOTES:



Eating right, simplified.

DAY 2 TOTAL: Calories 2,912 cal / Carbs 384 g (51%) / Protein 108 g (14%) / Fat 119 g (35%) / Fluid 158 fl oz

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DAY 3

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	blueberries	1 Cup(s)	83 cal
	nonfat plain greek yogurt	6 oz	100 cal
	sunflower flax bread	2 slice	270 cal
	chunky peanut butter, no added salt	2 Tbsp	188 cal

MEAL TOTAL: Calories 641 cal / **Carbs** 77 g (46%) / **Protein** 36 g (22%) / **Fat** 24 g (32%) / **Fluid** 25 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1 1/4 oz	229 cal
	orange	2 fruit	137 cal

MEAL TOTAL: Calories 366 cal / **Carbs** 40 g (40%) / **Protein** 8 g (8%) / **Fat** 23 g (52%) / **Fluid** 24 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	2 Tbsp	240 cal
	edamame, shelled	1 Cup(s)	120 cal
	tomatoes	1 Cup(s)	27 cal
	lemon juice	2 Tbsp	7 cal
	boneless skinless chicken breast (uncooked)	6 oz	184 cal
	buckwheat groats (cooked)	1 Cup(s)	155 cal

MEAL TOTAL: Calories 748 cal / **Carbs** 53 g (27%) / **Protein** 53 g (27%) / **Fat** 40 g (46%) / **Fluid** 33 fl oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	red pepper	1 medium	37 cal
	swiss cheese	1 1/2 oz	162 cal
	brown rice crackers, no salt added	8 crackers	120 cal

MEAL TOTAL: Calories 318 cal / **Carbs** 31 g (40%) / **Protein** 16 g (20%) / **Fat** 14 g (40%) / **Fluid** 20 fl oz


NOTES:

Dinner
6:00 PM

	drinking water	16 fl oz	0 cal
	indian eggplant curry	2 serving	607 cal
	basmati rice(cooked)	1 Cup(s)	200 cal

MEAL TOTAL: Calories 807 cal / **Carbs** 118 g (55%) / **Protein** 19 g (9%) / **Fat** 35 g (36%) / **Fluid** 48 fl oz**NOTES:****DAY 3 TOTAL: Calories** 2,881 cal / **Carbs** 319 g (43%) / **Protein** 131 g (17%) / **Fat** 136 g (40%) / **Fluid** 151 fl oz

DAY 4

Breakfast 7:00 AM	blueberries	1 Cup(s)	83 cal
	drinking water	16 fl oz	0 cal
	 breakfast stuffed peppers	2 serving	379 cal
	sunflower flax bread	2 slice	270 cal

MEAL TOTAL: Calories 731 cal / **Carbs** 83 g (43%) / **Protein** 34 g (18%) / **Fat** 33 g (39%) / **Fluid** 28 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	pear	2 large	238 cal
	walnuts	1 1/4 oz	229 cal

MEAL TOTAL: Calories 467 cal / **Carbs** 68 g (54%) / **Protein** 7 g (5%) / **Fat** 23 g (41%) / **Fluid** 28 fl oz

NOTES:

Lunch 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	iced green tea	16 fl oz	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	whole grain tortilla	2 tortilla	340 cal
	canned tuna fish in water, very low sodium	6 oz	168 cal
	tomatoes	1 Cup(s)	27 cal
	orange	1 fruit	69 cal

MEAL TOTAL: Calories 731 cal / **Carbs** 79 g (41%) / **Protein** 53 g (28%) / **Fat** 27 g (31%) / **Fluid** 26 fl oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	provolone cheese	1 1/2 oz	149 cal
	brown rice crackers, no salt added	8 crackers	120 cal
	edamame, shelled	1 Cup(s)	120 cal

MEAL TOTAL: Calories 389 cal / **Carbs** 31 g (32%) / **Protein** 24 g (25%) / **Fat** 18 g (43%) / **Fluid** 17 fl oz

NOTES:

Dinner
6:00 PM

salmon (cooked)	4 oz	174 cal
black tea (brewed)	16 fl oz	28 cal
brussels sprouts (boiled)	1 Cup(s)	28 cal
beets	1 Cup(s)	58 cal
black eyed peas	1 Cup(s)	90 cal
basmati rice(cooked)	1 Cup(s)	200 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal

MEAL TOTAL: Calories 759 cal / **Carbs** 84 g (45%) / **Protein** 42 g (22%) / **Fat** 28 g (33%) / **Fluid** 25 fl oz**NOTES:****DAY 4 TOTAL: Calories** 3,077 cal / **Carbs** 345 g (43%) / **Protein** 161 g (20%) / **Fat** 129 g (37%) / **Fluid** 124 fl oz

DAY 5

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	breakfast stuffed peppers	2 serving	379 cal
	sunflower flax bread	2 slice	270 cal
	nectarine	1 fruit	60 cal

MEAL TOTAL: Calories 709 cal / **Carbs** 76 g (41%) / **Protein** 35 g (19%) / **Fat** 33 g (40%) / **Fluid** 28 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	pear	2 large	238 cal
	walnuts	1 1/4 oz	229 cal

MEAL TOTAL: Calories 467 cal / **Carbs** 68 g (54%) / **Protein** 7 g (5%) / **Fat** 23 g (41%) / **Fluid** 28 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	romaine lettuce	1 Cup(s)	8 cal
	boneless skinless chicken breast (uncooked)	8 oz	245 cal
	whole grain tortilla	2 tortilla	340 cal
	red pepper	1 medium	37 cal
	orange	1 fruit	69 cal

MEAL TOTAL: Calories 725 cal / **Carbs** 86 g (46%) / **Protein** 62 g (33%) / **Fat** 18 g (21%) / **Fluid** 36 fl oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	9 oz	151 cal
	walnuts	1 oz	183 cal
	blueberries	1 Cup(s)	83 cal

MEAL TOTAL: Calories 416 cal / **Carbs** 34 g (31%) / **Protein** 31 g (29%) / **Fat** 20 g (40%) / **Fluid** 28 fl oz

NOTES:

Dinner
6:00 PM

shrimp (cooked)	3 oz	101 cal
edamame, shelled	1 Cup(s)	120 cal
extra virgin olive oil	2 Tbsp	240 cal
iced green tea	16 fl oz	0 cal
basmati rice(cooked)	1 1/2 Cup(s)	300 cal
brussels sprouts (boiled)	1 1/2 Cup(s)	42 cal

MEAL TOTAL: Calories 803 cal / **Carbs** 88 g (43%) / **Protein** 38 g (19%) / **Fat** 35 g (38%) / **Fluid** 22 fl oz**NOTES:****DAY 5 TOTAL: Calories** 3,121 cal / **Carbs** 352 g (43%) / **Protein** 174 g (21%) / **Fat** 129 g (36%) / **Fluid** 140 fl oz

DAY 6

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	blueberries	1 Cup(s)	83 cal
	nonfat plain greek yogurt	9 oz	151 cal
	chia seeds	1 oz	138 cal
	sunflower flax bread	2 slice	270 cal
	chunky peanut butter, no added salt	1 Tbsp	94 cal

MEAL TOTAL: Calories 735 cal / **Carbs** 89 g (46%) / **Protein** 46 g (24%) / **Fat** 25 g (30%) / **Fluid** 28 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1 oz	183 cal
	pear	2 large	238 cal

MEAL TOTAL: Calories 421 cal / **Carbs** 68 g (58%) / **Protein** 6 g (5%) / **Fat** 19 g (37%) / **Fluid** 28 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 Tbsp	120 cal
	boneless skinless chicken breast (uncooked)	3 oz	92 cal
	buckwheat groats (cooked)	1 Cup(s)	155 cal
	black eyed peas	1 Cup(s)	90 cal
	sweet potato (baked)	1 Cup(s)	180 cal

MEAL TOTAL: Calories 679 cal / **Carbs** 101 g (57%) / **Protein** 35 g (20%) / **Fat** 18 g (23%) / **Fluid** 35 fl oz

NOTES:

Snack 3:00 PM	iced green tea	16 fl oz	0 cal
	pear	1 large	119 cal
	swiss cheese	1 1/2 oz	162 cal
	brown rice crackers, no salt added	10 crackers	150 cal

MEAL TOTAL: Calories 431 cal / **Carbs** 62 g (56%) / **Protein** 16 g (14%) / **Fat** 15 g (30%) / **Fluid** 22 fl oz

NOTES:

Dinner
6:00 PM

drinking water	16 fl oz	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish (cooked)	6 oz	179 cal
 roasted beet and chickpea salad	2 serving	417 cal
brussels sprouts (boiled)	1 Cup(s)	28 cal

MEAL TOTAL: Calories 744 cal / **Carbs** 157 g (53%) / **Protein** 55 g (18%) / **Fat** 38 g (29%) / **Fluid** 31 fl oz**NOTES:****DAY 6 TOTAL: Calories** 3,010 cal / **Carbs** 476 g (53%) / **Protein** 157 g (18%) / **Fat** 115 g (29%) / **Fluid** 145 fl oz

DAY 7

Breakfast 7:00 AM	egg (hard boiled)	2 large	155 cal
	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	9 oz	151 cal
	nectarine	2 fruit	120 cal
	chia seeds	1 oz	138 cal
	sunflower flax bread	2 slice	270 cal

MEAL TOTAL: Calories 833 cal / **Carbs** 94 g (44%) / **Protein** 56 g (26%) / **Fat** 28 g (30%) / **Fluid** 34 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	provolone cheese	1 1/2 oz	149 cal
	brown rice crackers, no salt added	8 crackers	120 cal

MEAL TOTAL: Calories 296 cal / **Carbs** 29 g (39%) / **Protein** 15 g (20%) / **Fat** 14 g (41%) / **Fluid** 21 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	extra virgin olive oil	2 Tbsp	240 cal
	tempeh	4 oz	216 cal
	sweet potato (baked)	1 1/2 Cup(s)	270 cal
	brussels sprouts (boiled)	1 1/2 Cup(s)	42 cal

MEAL TOTAL: Calories 768 cal / **Carbs** 81 g (40%) / **Protein** 30 g (15%) / **Fat** 41 g (45%) / **Fluid** 29 fl oz

NOTES:

Snack 3:00 PM	walnuts	1 1/4 oz	229 cal
	iced green tea	16 fl oz	0 cal
	orange	2 fruit	137 cal

MEAL TOTAL: Calories 366 cal / **Carbs** 40 g (40%) / **Protein** 8 g (8%) / **Fat** 23 g (52%) / **Fluid** 24 fl oz

NOTES:

Dinner

6:00 PM

	drinking water	16 fl oz	0 cal
	boneless skinless chicken breast (uncooked)	6 oz	184 cal
🍽️	roasted beet and chickpea salad	2 serving	417 cal
	buckwheat groats (cooked)	1 1/2 Cup(s)	232 cal
	mushrooms	1 Cup(s)	15 cal

MEAL TOTAL: Calories 848 cal / **Carbs** 204 g (62%) / **Protein** 59 g (18%) / **Fat** 29 g (20%) / **Fluid** 38 fl oz**NOTES:****DAY 7 TOTAL: Calories** 3,111 cal / **Carbs** 448 g (49%) / **Protein** 168 g (18%) / **Fat** 135 g (33%) / **Fluid** 147 fl oz



2 Servings

indian eggplant curry

Ingredients

eggplant	1 eggplant
extra virgin olive oil	2 Tbsp
onion	2 medium
garlic	2 clove
ginger root	2 Tbsp
cumin ground	1 tsp
tomatoes	1 medium
curry powder	2 tsp
whole milk plain yogurt	1/2 Cup(s)
jalapeno pepper	1 pepper
kosher salt	1/8 tsp
fresh cilantro leaves	1/2 Cup(s)

Nutrition Totals

Calories 607 / **Carbs** 71 g / **Protein** 15 g / **Fat** 35 g / **Fluid** 32 fl oz

Instructions

1. Preheat oven to 450 degrees F.
2. Place eggplant on a medium baking sheet covered with foil. Bake whole eggplant for 30 minutes, or until tender. Allow to cool and then peel and dice into medium size chunks.
3. In a medium sized saucepan, add oil and heat over medium heat.
4. Dice onions, and mince garlic and ginger. Add to hot oil.
5. Stir in cumin and continue to cook until onions are tender.
6. Dice tomatoes and add to pan, along with curry powder.
7. Stir in yogurt, diced jalapeno pepper, cooked eggplant, and season with a pinch of kosher salt.
8. Cook 10 minutes over medium heat, stirring constantly.
9. Reduce heat to low and simmer for 5 minutes. Garnish with cilantro prior to serving.

Nutrition Label

Indian Eggplant Curry	
Amount Per Serving	
Calories	304
% Daily Value*	
Total Fat 17.3g	27%
Saturated Fat 3.4g	17%
Trans Fat 0g	
Cholesterol 7.9mg	3%
Sodium 66.3mg	3%
Total Carbohydrates 35.7g	12%
Dietary Fiber 12.2g	49%
Total Sugar 19.2g	
Protein 7.4g	
Vitamin D 1.2IU	0%
Calcium 148.6mg	15%
Iron 1.5mg	9%
Potassium 1111.6mg	

* 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

breakfast stuffed peppers

Ingredients

extra virgin olive oil	1 Tbsp
onion	1/2 medium
garlic	2 clove
mushrooms	1/2 Cup(s)
tomatoes	1 medium
spinach	2 Cup(s)
kosher salt	1/8 tsp
black pepper	1/4 tsp
red pepper	2 medium
egg (whole)	4 egg
swiss cheese	2 oz

Nutrition Totals

Calories 757 / **Carbs** 38 g / **Protein** 47 g / **Fat** 51 g / **Fluid** 15 fl oz

Instructions

1. Preheat your oven to 375 degrees F.
2. Add olive oil to a medium sized skillet placed over medium-heat.
3. Dice onion and mince garlic and add to hot pan. Sauté until tender.
4. Slice mushrooms and tomatoes and add to pan.
5. Add fresh spinach and cook until spinach is wilted.
6. Season to taste with salt and pepper. Turn off heat and set aside.
7. Cut two bell peppers in half (from top to bottom) and remove core/seeds. Place on baking sheet covered with foil.
8. In a small bowl whisk the 4 eggs until well beaten.
9. Divide the vegetable mixture equally among the bell pepper halves. Top each bell pepper with 1/4 of the beaten eggs.
10. Place the stuffed peppers in the oven and bake for 30 minutes.
11. Remove from oven and top each pepper with 0.5 oz of Swiss cheese.

12. Place back in the oven for 5 minutes, or until cheese is melted and eggs are cooked through.

Nutrition Label

Breakfast Stuffed Peppers	
Amount Per Serving	
Calories	189
% Daily Value*	
Total Fat 12.7g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 51.2mg	2%
Total Carbohydrates 9.4g	3%
Dietary Fiber 3.7g	15%
Total Sugar 4.2g	
Protein 11.7g	
Vitamin D 3.4IU	1%
Calcium 141mg	14%
Iron 1.8mg	10%
Potassium 264.9mg	

* 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

roasted beet and chickpea salad

Ingredients

beets	3 Beet
garlic	2 clove
fresh rosemary	2 tsp
extra virgin olive oil	2 Tbsp
kosher salt	1/8 tsp
black pepper	1/4 tsp
canned chickpeas (drained)	8 oz
onion	1 medium
lemon juice	2 Tbsp
cotija cheese	2 Tbsp
fresh cilantro leaves	1/2 Cup(s)

Nutrition Totals

Calories 834 / **Carbs** 304 g / **Protein** 28 g / **Fat** 44 g / **Fluid** 17 fl oz

Instructions

1. Preheat oven to 350 degrees F.
2. Place whole beets, garlic and rosemary on a large piece of foil. Drizzle with 1 tablespoon of the olive oil and half of salt and pepper.
3. Fold the foil up into a pouch and thoroughly seal all of the edges. Place in preheated oven.
4. Bake beets for 45 minutes, or until beets are fork tender.
5. Remove beets from oven and allow them to cool.
6. Use a paper towel to remove beet peel. Cut the peeled beets into bite-size pieces.
7. Mince the roasted garlic that was baked with the beets.
7. In a medium bowl, combine the beets, garlic, drained chickpeas, diced red onion, lemon juice and remaining salt, pepper and olive oil. Toss gently.
8. Garnish with cotija cheese and cilantro prior to serving.

Nutrition Label

Roasted Beet And Chickpea Salad		
Amount Per Serving		
Calories		209
		% Daily Value*
Total Fat	11g	17%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	7.5mg	3%
Sodium	305.3mg	13%
Total Carbohydrates	75.8g	25%
Dietary Fiber	5.9g	24%
Total Sugar	7.8g	
Protein	6.9g	
Vitamin D	1.5IU	0%
Calcium	106.8mg	11%
Iron	1.2mg	7%
Potassium	341mg	

* 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

kosher salt	0.46 tsp
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Beverages

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

Bread

sunflower flax bread	12 slice
whole grain tortilla	6 tortilla

Cereal & Grain Products

basmati rice(cooked)	5.5 Cup(s)
buckwheat groats	4.5 Cup(s)

Dairy & Egg

egg	6 large
	4 egg
nonfat plain greek yogurt	39 oz
provone cheese	3 oz
whole milk plain yogurt	0.88 Cup(s)

Fats & Oils

extra virgin olive oil	22.5 Tbsp
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Finfish & Shellfish

atlantic herring	4 oz
canned tuna fish in water, very low sodium	6 oz
cod fish	9 oz
salmon	4 oz
shrimp	3 oz

Fruits & Juices

avocado	1 avocado
blueberries	5 Cup(s)
grapes	8 oz
lemon juice	4 Tbsp
nectarine	3 fruit
orange	7 fruit
pear	12 large

Legumes & Beans

black eyed peas	3 Cup(s)
canned chickpeas	8 oz
edamame, shelled	4 Cup(s)

Nuts & Seeds

almonds	1 oz
chunky peanut butter, no added salt	5 Tbsp
walnuts	8 oz

Poultry

boneless skinless chicken breast (uncooked)	23 oz
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Snacks

brown rice crackers, no salt added	40 crackers
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Spices & Herbs

black pepper	0.52 tsp
cumin ground	1.75 tsp
curry powder	3.5 tsp
fresh rosemary	2 tsp

Uncategorized

chia seeds	2 oz
cotija cheese	2 Tbsp
swiss cheese	6.5 oz

Vegetables

beets	1 Cup(s) 3 Beet
brussels sprouts	6 Cup(s)
eggplant	1.75 eggplant
fresh cilantro leaves	1.38 Cup(s)
garlic	8.5 clove
ginger root	3.5 Tbsp
jalapeno pepper	1.75 pepper
mushrooms	1.5 Cup(s)
onion	5 medium
red pepper	4 medium
romaine lettuce	9 Cup(s)
spinach	3 Cup(s)
sweet potato	5 Cup(s)
tomatoes	6.5 Cup(s) 2.75 medium

Vegetarian Products

tempeh	7 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