

2,000 Cal Balanced Meal Plan

Day 1

Breakfast 7:00 AM	whole eggs, scrambled	1 large	91 cal
	blueberries	1/2 Cup(s) (120 ml)	41 cal
	oatmeal, steel cut	2/3 Cup(s) (160 ml)	400 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 532 cal / **Carbs** 83 g (63%) / **Protein** 20 g (15%) / **Fat** 14 g (23%) / **Fluid** 581

Snack 10:00 AM	tangerines/ mandarin oranges	1 medium	45 cal
	low-fat cottage cheese, 1%	3/4 Cup(s) (180 ml)	122 cal
	coconut water	1/2 Cup(s) (120 ml)	23 cal
	drinking water	1 Cup(s) (240 ml)	0 cal

Calories 189 cal / **Carbs** 20 g (43%) / **Protein** 23 g (48%) / **Fat** 2 g (11%) / **Fluid** 562

Lunch 12:00 PM	triscuit crackers, light salt	10 crackers	200 cal
	baby carrots	5 large	26 cal
	tomatoes	1/4 Cup(s) (60 ml)	8 cal
	iced tea, green	16 fl. oz.	0 cal
	whole wheat dinner rolls	2 roll	149 cal
	turkey breast, roasted	2 oz (56 grams)	77 cal
	dijon mustard	1 tsp	5 cal

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Calories 465 cal / **Carbs** 70 g (60%) / **Protein** 27 g (24%) / **Fat** 11 g (21%) / **Fluid** 640

Snack 3:00 PM	skim milk with calcium	1 Cup(s) (240 ml)	86 cal
	honey peanut yogurt balance bar	1/2 bar	100 cal
	drinking water	1 Cup(s) (240 ml)	0 cal

Calories 186 cal / **Carbs** 23 g (49%) / **Protein** 16 g (34%) / **Fat** 4 g (19%) / **Fluid** 461

Dinner 6:00 PM	orange roughy fish, cooked	3 oz (84 grams)	89 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	mixed vegetables, frozen no salt, boiled	1/2 Cup(s) (120 ml)	30 cal
	wild rice, cooked	1 Cup(s) (240 ml)	166 cal
	extra virgin olive oil	1 Tbsp	120 cal

Calories 405 cal / **Carbs** 41 g (40%) / **Protein** 27 g (27%) / **Fat** 15 g (34%) / **Fluid** 689

Snack 8:00 PM	apricots	1 apricot	17 cal
	almonds, slivered	1/3 oz (9 grams)	51 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	fruit yogurt, non-fat	2/3 cup (8 fl oz)	155 cal

Calories 223 cal / **Carbs** 39 g (69%) / **Protein** 10 g (17%) / **Fat** 3 g (14%) / **Fluid** 626

Day 2

Breakfast 7:00	skim milk with calcium	2 Cup(s) (480 ml)	173 cal
	kashi golean crunch cereal	1 1/2	290 cal

AM		Cup(s) (360 ml)	
	drinking water	1 Cup(s) (240 ml)	0 cal
	whole eggs, scrambled	1 large	91 cal

Calories 554 cal / **Carbs** 83 g (60%) / **Protein** 36 g (26%) / **Fat** 12 g (20%) / **Fluid** 734

Snack	apples	1 small	55 cal
10:00	honey peanut yogurt balance bar	1 bar	200 cal
AM	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 255 cal / **Carbs** 37 g (57%) / **Protein** 15 g (24%) / **Fat** 7 g (25%) / **Fluid** 564

Lunch	drinking water	2 Cup(s) (480 ml)	0 cal
12:00	avocados	1/3 cup, sliced	78 cal
PM	salsa, ready to serve	1 Tbsp	5 cal
	whole wheat tortillas	2 tortilla	254 cal
	black beans, no salt, boiled	1/3 Cup(s) (80 ml)	76 cal

Calories 413 cal / **Carbs** 56 g (55%) / **Protein** 14 g (14%) / **Fat** 15 g (34%) / **Fluid** 586

Snack	fruit yogurt, non-fat	1/2 cup (8 fl oz)	116 cal
3:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	bananas	1 small	90 cal

Calories 206 cal / **Carbs** 46 g (90%) / **Protein** 6 g (13%) / **Fat** 1 g (3%) / **Fluid** 641

Dinner	chicken, boneless, roasted	4 oz (112 grams)	189 cal
6:00 PM			

peas & carrots, no salt, boiled	1/2 Cup(s) (120 ml)	19 cal
barley, cooked	1 Cup(s) (240 ml)	193 cal
drinking water	2 Cup(s) (480 ml)	0 cal
romaine lettuce	1 Cup(s) (240 ml)	8 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal

Calories 445 cal / **Carbs** 52 g (47%) / **Protein** 34 g (30%) / **Fat** 12 g (23%) / **Fluid** 736

Snack 8:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	almonds, slivered	1/4 oz (7 grams)	38 cal
	low-fat cottage cheese, 1%	1/2 Cup(s) (120 ml)	81 cal

Calories 120 cal / **Carbs** 6 g (19%) / **Protein** 16 g (52%) / **Fat** 3 g (26%) / **Fluid** 566

Day 3

Breakfast 7:00 AM	drinking water	1 Cup(s) (240 ml)	0 cal
	orange juice	1 Cup(s) (240 ml)	112 cal
	whole wheat english muffin	1 1/2 muffin	201 cal
	smooth peanut butter, no salt	1 1/3 Tbsp	125 cal

Calories 438 cal / **Carbs** 70 g (64%) / **Protein** 16 g (14%) / **Fat** 13 g (27%) / **Fluid** 501

Snack 10:00 AM	honey peanut yogurt balance bar	1 bar	200 cal
	bananas	1 small	90 cal
	drinking water	2 Cup(s) (480 ml)	0 cal


Calories 290 cal / **Carbs** 45 g (62%) / **Protein** 16 g (22%) / **Fat** 7 g (23%) / **Fluid** 549

Lunch 12:00	dijon mustard	1 tsp	5 cal
	romaine lettuce	2 leaf	2 cal
PM	whole wheat tortillas	1 tortilla	127 cal
	chicken, boneless, roasted	5 oz (140 grams)	237 cal
	iced tea, green	16 fl. oz.	0 cal
	olive oil, mayonnaise, light	1/2 Tbsp	25 cal
	apples	1 small	55 cal

Calories 450 cal / **Carbs** 34 g (30%) / **Protein** 40 g (35%) / **Fat** 16 g (32%) / **Fluid** 683

Snack 3:00 PM	triscuit crackers, light salt	2 crackers	40 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	baby carrots	5 large	26 cal
	hummus, lower sodium	2 Tbsp	52 cal

Calories 119 cal / **Carbs** 17 g (59%) / **Protein** 4 g (13%) / **Fat** 4 g (34%) / **Fluid** 562

Dinner 6:00 PM	skim milk with calcium	1 1/2 Cup(s) (360 ml)	130 cal
	drinking water	1 Cup(s) (240 ml)	0 cal
	 beef & broccoli with brown rice	1 serving	295 cal

Calories 425 cal / **Carbs** 49 g (46%) / **Protein** 34 g (32%) / **Fat** 11 g (23%) / **Fluid** 755

Snack 8:00 PM	blackberries	1/2 Cup(s) (120 ml)	31 cal
	fruit yogurt, non-fat	1 cup (8 fl oz)	233 cal
	drinking water	2 Cup(s)	0 cal

(480 ml)

Calories 264 cal / **Carbs** 53 g (81%) / **Protein** 12 g (18%) / **Fat** 1 g (3%) / **Fluid** 721


Day 4

Breakfast 7:00 AM	almonds, slivered	1 oz (28 grams)	153 cal
	blueberries	1/4 Cup(s) (60 ml)	21 cal
	oatmeal, steel cut	1/2 Cup(s) (120 ml)	300 cal
	drinking water	1 Cup(s) (240 ml)	0 cal
	skim milk with calcium	1 Cup(s) (240 ml)	86 cal

Calories 560 cal / **Carbs** 82 g (59%) / **Protein** 25 g (18%) / **Fat** 15 g (24%) / **Fluid** 491

Snack 10:00 AM	low-fat cottage cheese, 1%	1/2 Cup(s) (120 ml)	81 cal
	blackberries	1 Cup(s) (240 ml)	62 cal
	coconut water	1 1/2 Cup(s) (360 ml)	68 cal

Calories 212 cal / **Carbs** 30 g (57%) / **Protein** 19 g (35%) / **Fat** 3 g (11%) / **Fluid** 562

Lunch 12:00 PM	 beef & broccoli with brown rice	1 serving	295 cal
	balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
	romaine lettuce	1 Cup(s) (240 ml)	8 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

Calories 398 cal / **Carbs** 35 g (35%) / **Protein** 22 g (23%) / **Fat** 20 g (46%) / **Fluid** 699

Snack 3:00 PM	honey peanut yogurt balance bar	1/2 bar	100 cal
	cucumber	1 cucumber	45 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 145 cal / **Carbs** 22 g (60%) / **Protein** 9 g (26%) / **Fat** 4 g (24%) / **Fluid** 760

Dinner 6:00 PM	mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s) (360 ml)	89 cal
	pork tenderloin, lean, cooked	5 oz (140 grams)	203 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	whole wheat dinner rolls	2 roll	149 cal

Calories 440 cal / **Carbs** 46 g (42%) / **Protein** 46 g (42%) / **Fat** 8 g (16%) / **Fluid** 704

Snack 8:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	almonds, slivered	1/2 oz (14 grams)	77 cal
	fruit yogurt, non-fat	2/3 cup (8 fl oz)	155 cal

Calories 232 cal / **Carbs** 36 g (63%) / **Protein** 10 g (18%) / **Fat** 5 g (19%) / **Fluid** 596

Day 5

Breakfast 7:00 AM	drinking water	1 Cup(s) (240 ml)	0 cal
	kashi golean crunch cereal	1 1/2 Cup(s) (360 ml)	290 cal
	skim milk with calcium	1 1/2 Cup(s) (360 ml)	130 cal

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apricots 2 apricot 34 cal

Calories 453 cal / **Carbs** 84 g (74%) / **Protein** 27 g (24%) / **Fat** 5 g (11%) / **Fluid** 636

Snack
10:00 AM

blueberries	1 Cup(s) (240 ml)	83 cal
almonds, slivered	1/2 oz (14 grams)	77 cal
low-fat cottage cheese, 1%	3/4 Cup(s) (180 ml)	122 cal
drinking water	2 Cup(s) (480 ml)	0 cal

Calories 281 cal / **Carbs** 31 g (44%) / **Protein** 25 g (36%) / **Fat** 7 g (22%) / **Fluid** 735

Lunch
12:00 PM


dijon mustard	1 tsp	5 cal
whole wheat dinner rolls	3 roll	223 cal
sliced ham, extra lean, low-sodium	4 slices	110 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
tomatoes	1/4 Cup(s) (60 ml)	8 cal
romaine lettuce	1 Cup(s) (240 ml)	8 cal
drinking water	2 Cup(s) (480 ml)	0 cal

Calories 390 cal / **Carbs** 49 g (50%) / **Protein** 23 g (23%) / **Fat** 10 g (23%) / **Fluid** 651

Snack
3:00 PM

triscuit crackers, light salt	8 crackers	160 cal
hummus, lower sodium	3 Tbsp	78 cal
drinking water	2 Cup(s) (480 ml)	0 cal

Calories 238 cal / **Carbs** 33 g (56%) / **Protein** 8 g (13%) / **Fat** 10 g (37%) / **Fluid** 505

Dinner 6:00 PM	chicken, boneless, roasted	3 oz (84 grams)	142 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	 adzuki bean salad	1 serving	219 cal

Calories 361 cal / **Carbs** 31 g (34%) / **Protein** 30 g (34%) / **Fat** 13 g (32%) / **Fluid** 624

Snack 8:00 PM	honey peanut yogurt balance bar	1 bar	200 cal
	bananas	1 small	90 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 290 cal / **Carbs** 45 g (62%) / **Protein** 16 g (22%) / **Fat** 7 g (23%) / **Fluid** 549

Day 6


Breakfast 7:00 AM	drinking water	2 Cup(s) (480 ml)	0 cal
	whole wheat tortillas	2 tortilla	254 cal
	salsa, ready to serve	2 Tbsp	10 cal
	whole eggs, scrambled	1 large	91 cal

Calories 355 cal / **Carbs** 41 g (46%) / **Protein** 15 g (16%) / **Fat** 15 g (37%) / **Fluid** 574

Snack 10:00 AM	bananas	1 1/2 small	135 cal
	low-fat cottage cheese, 1%	1 Cup(s) (240 ml)	163 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 298 cal / **Carbs** 41 g (55%) / **Protein** 30 g (40%) / **Fat** 3 g (8%) / **Fluid** 773

Lunch 12:00	turkey breast, roasted	3 oz (84 grams)	116 cal
	drinking water	2 Cup(s)	0 cal

PM		(480 ml)	
	 adzuki bean salad	1 serving	219 cal
Calories 335 cal / Carbs 31 g (37%) / Protein 34 g (41%) / Fat 9 g (24%) / Fluid 624			

Snack	skim milk with calcium	1 1/2 Cup(s) (360 ml)	130 cal
3:00 PM	smooth peanut butter, no salt	1 Tbsp	94 cal
	apples	1 small	55 cal
	drinking water	1 Cup(s) (240 ml)	0 cal
Calories 279 cal / Carbs 36 g (51%) / Protein 17 g (24%) / Fat 9 g (29%) / Fluid 664			

Dinner	spinach, no salt, boiled	2 Cup(s) (480 ml)	83 cal
6:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	salmon, cooked	1 oz (28 grams)	43 cal
	parmesan cheese, shredded	1/2 Tbsp	10 cal
	macaroni, cooked	2 Cup(s) (480 ml)	347 cal
Calories 484 cal / Carbs 88 g (73%) / Protein 34 g (28%) / Fat 5 g (9%) / Fluid 1,010			

Snack	medjool dates	1 date, pitted	66 cal
8:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	honey peanut yogurt balance bar	1 bar	200 cal
Calories 266 cal / Carbs 40 g (60%) / Protein 15 g (23%) / Fat 7 g (24%) / Fluid 478			

Day 7

Breakfast 7:00 AM	orange juice	1/2 Cup(s) (120 ml)	56 cal
	whole eggs, scrambled	1 large	91 cal
	whole wheat english muffin	1 1/2 muffin	201 cal
	skim milk with calcium	1 Cup(s) (240 ml)	86 cal
	drinking water	1 Cup(s) (240 ml)	0 cal

Calories 434 cal / **Carbs** 66 g (61%) / **Protein** 24 g (22%) / **Fat** 9 g (20%) / **Fluid** 662

Snack 10:00 AM	drinking water	2 Cup(s) (480 ml)	0 cal
	fruit yogurt, non-fat	2/3 cup (8 fl oz)	155 cal
	coconut water	1 Cup(s) (240 ml)	46 cal
	bananas	1 small	90 cal

Calories 291 cal / **Carbs** 63 g (87%) / **Protein** 10 g (14%) / **Fat** 1 g (4%) / **Fluid** 900

Lunch 12:00 PM	iced tea, green	16 fl. oz.	0 cal
	dijon mustard	1 tsp	5 cal
	romaine lettuce	3 leaf	3 cal
	turkey breast, roasted	3 oz (84 grams)	116 cal
	whole wheat tortillas	2 tortilla	254 cal

Calories 378 cal / **Carbs** 38 g (40%) / **Protein** 33 g (35%) / **Fat** 10 g (23%) / **Fluid** 572

Snack 3:00 PM	baby carrots	10 large	53 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	hummus, lower sodium	2 Tbsp	52 cal

triscuit crackers, light salt 8 crackers 160 cal

Calories 265 cal / **Carbs** 44 g (66%) / **Protein** 7 g (11%) / **Fat** 9 g (29%) / **Fluid** 630

Dinner
6:00 PM

barley, cooked	2/3 Cup(s) (160 ml)	129 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
drinking water	2 Cup(s) (480 ml)	0 cal
chicken, boneless, roasted	3 oz (84 grams)	142 cal
peas & carrots, no salt, boiled	1 Cup(s) (240 ml)	38 cal
romaine lettuce	1 Cup(s) (240 ml)	8 cal
extra virgin olive oil	2/3 Tbsp	80 cal

Calories 432 cal / **Carbs** 41 g (38%) / **Protein** 27 g (25%) / **Fat** 19 g (39%) / **Fluid** 716

Snack
8:00 PM

apricots	2 apricot	34 cal
low-fat cottage cheese, 1%	1 Cup(s) (240 ml)	163 cal
drinking water	2 Cup(s) (480 ml)	0 cal

Calories 196 cal / **Carbs** 14 g (28%) / **Protein** 29 g (59%) / **Fat** 3 g (12%) / **Fluid** 720

1 Servings



beef & broccoli with brown rice

Ingredients

onions	1/4 cup, sliced
beef top sirloin, lean	3 oz
brown rice, long-grain, cooked	1/4 Cup(s)
broccoli	1 cup chopped
onions	1/4 Cup(s)
garlic powder	1/4 tsp
cornstarch	1 tsp
brown sugar	1 tsp packed packed

Nutrition Totals

Calories 295 / **Carbs** 31 g / **Protein** 22 g / **Fat** 10 g / **Fluid** 182 g

Instructions

1. Coat skillet with cooking spray and heat over medium heat for one minute.
2. Add beef, onion and minced garlic; stir fry until brown. Remove the beef to a plate and keep warm.
3. Add half the broth and broccoli to pan. Cover and simmer until broccoli is tender crisp.
4. Mix cornstarch, brown sugar, and garlic powder with remaining broth until smooth; add to the pan. Cook until mixture begins thicken, stirring constantly. Return beef to mixture, stir and serve over rice.

Nutrition Label

beef & broccoli with brown rice		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 295	Calories from Fat 91	
% Daily Value*		
Total Fat	10.1g	16%
Saturated Fat	3.4g	17%
Trans Fat	0.5g	
Cholesterol	57.8mg	19%
Sodium	103.5mg	4%
Total Carbohydrates	31.1g	10%
Dietary Fiber	4.4g	18%
Sugars	9.1g	
Protein	21.8g	
Vitamin A 12%	•	Vitamin C 144%
Calcium 58%	•	Iron 479%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		



2 Servings

adzuki bean salad

Ingredients

olive oil	1 Tbsp
lemon juice	1 Tbsp
cumin ground	1 tsp
adzuki beans, no salt, boiled	1 Cup(s)
parsley	2 tsp
green snap beans	3 Tbsp
coriander seed	1 tsp

Nutrition Totals

Calories 438 / **Carbs** 61 g / **Protein** 18 g / **Fat** 15 g / **Fluid** 187 g

Instructions

Boil beans appropriately. Continue cooking beans until they are very soft. Drain beans, and add seasoning and ingredients to taste. Additional tamari and sunflower seeds as ingredients are optional.

Nutrition Label

adzuki bean salad		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 438	Calories from Fat 131.2	
% Daily Value*		
Total Fat	14.5g	22%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	22mg	1%
Total Carbohydrates	61.4g	20%
Dietary Fiber	18.1g	73%
Sugars	1g	
Protein	18.4g	
Vitamin A 7%	•	Vitamin C 20%
Calcium 37%	•	Iron 68%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

Meal Plan Shopping List

Accompaniments	balsamic vinaigrette salad dressing, lower sodium	8 Tbsp
	brown sugar	2 tsp packed packed
	cornstarch	2 tsp
	dijon mustard	4 tsp
	olive oil, mayonnaise, light	0.5 Tbsp
	salsa, ready to serve	6 Tbsp
Beef	beef top sirloin, lean	6 oz
Beverages	coconut water	3 Cup(s)
	drinking water	67 Cup(s)
	iced tea, green	384 fl. oz.
Bread	whole wheat dinner rolls	7 roll
	whole wheat english muffin	3 muffin
	whole wheat tortillas	7 tortilla
Cereal & Grain Products	barley, cooked	1.67 Cup(s)
	brown rice, long-grain, cooked	0.5 Cup(s)
	kashi golean crunch cereal	3 Cup(s)

	macaroni, cooked	2 Cup(s)
	oatmeal, steel cut	0.3 Cup(s)
	wild rice, cooked	1 Cup(s)
Cookies & Crackers	triscuit crackers, light salt	168 crackers
Dairy & Egg	fruit yogurt, non-fat	3.51 cup (8 fl oz)
	low-fat cottage cheese, 1%	4.5 Cup(s)
	parmesan cheese, shredded	0.5 Tbsp
	skim milk with calcium	9.5 Cup(s)
	whole eggs, scrambled	4 large
Fats & Oils	extra virgin olive oil	2.17 Tbsp
	olive oil	1 Tbsp
Finfish & Shellfish	orange roughy fish, cooked	3 oz
	salmon, cooked	1 oz
Fruits & Juices	apples	3 small
	apricots	5 apricot
	avocados	0.33 cup, sliced
	bananas	5.5 small
	blackberries	1.5 Cup(s)
	blueberries	1.75 Cup(s)







	lemon juice	1 Tbsp
	medjool dates	1 date, pitted
	orange juice	1.5 Cup(s)
	tangerines/ mandarin oranges	1 medium
Legumes & Beans	adzuki beans, no salt, boiled	1 Cup(s)
	black beans, no salt, boiled	0.33 Cup(s)
	green snap beans	3 Tbsp
	hummus, lower sodium	7 Tbsp
Nuts & Seeds	almonds, slivered	2.58 oz
	smooth peanut butter, no salt	4.67 Tbsp
Pork	pork tenderloin, lean, cooked	5 oz
Poultry	chicken, boneless, roasted	15 oz
	turkey breast, roasted	8 oz
Sausages & Meats	sliced ham, extra lean, low-sodium	12 slices
Spices & Herbs	coriander seed	1 tsp
	cumin ground	1 tsp
	garlic powder	0.5 tsp
	parsley	2 tsp
Sports & Diet Nutritionals	honey peanut yogurt balance bar	5 bar

Vegetables	baby carrots	20 large
	broccoli	2 cup chopped
	cucumber	1 cucumber
	mixed vegetables, frozen no salt, boiled	2 Cup(s)
	onions	0.5 cup, sliced
		0.5 Cup(s)
	peas & carrots, no salt, boiled	1.5 Cup(s)
	romaine lettuce	4 Cup(s)
		5 leaf
	spinach, no salt, boiled	2 Cup(s)
	tomatoes	0.5 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

				
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 paste = 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