

Bodybuilding_ILM_DA5

Day 1

Breakfast 7:00 AM	whole eggs, scrambled	1 large	91 cal
	blueberries	1/2 Cup(s)	41 cal
	oatmeal, steel cut	1 Cup(s)	600 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	4 large	69 cal
	skim milk with calcium	1 Cup(s)	86 cal

Calories 887 cal / **Carbs** 132 g (60%) / **Protein** 49 g (22%) / **Fat** 18 g (18%) / **Fluid** 23

Snack 10:00 AM	tangerines/ mandarin oranges	2 medium	89 cal
	low-fat cottage cheese, 1%	2 Cup(s)	325 cal
	coconut water	2 Cup(s)	91 cal

Calories 506 cal / **Carbs** 53 g (42%) / **Protein** 61 g (48%) / **Fat** 6 g (11%) / **Fluid** 33

Lunch 12:00 PM	triscuit crackers, light salt	12 crackers	240 cal
	baby carrots	10 large	53 cal
	tomatoes	1/4 Cup(s)	8 cal
	iced tea, green	16 fl. oz.	0 cal
	whole wheat dinner rolls	3 roll	223 cal
	turkey breast, roasted	8 oz	308 cal
	dijon mustard	2 tsp	10 cal

Calories 842 cal / **Carbs** 97 g (46%) / **Protein** 82 g (39%) / **Fat** 17 g (18%) / **Fluid** 28

Snack	skim milk with calcium	2 Cup(s)	173 cal
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3:00 PM	honey peanut yogurt balance bar	1 bar	200 cal
	apples	1 large	110 cal
	beef jerky	1 oz	116 cal

Calories 599 cal / **Carbs** 78 g (52%) / **Protein** 42 g (28%) / **Fat** 16 g (23%) / **Fluid** 22

Dinner 6:00 PM	orange roughy fish, cooked	8 oz	238 cal
	drinking water	2 Cup(s)	0 cal
	mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal
	wild rice, cooked	1 1/2 Cup(s)	248 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal

Calories 755 cal / **Carbs** 70 g (37%) / **Protein** 65 g (34%) / **Fat** 24 g (29%) / **Fluid** 31

Snack 8:00 PM	apricots	1 apricot	17 cal
	almonds, slivered	1/4 oz	38 cal
	drinking water	2 Cup(s)	0 cal
	fruit yogurt, non-fat	2/3 cup (8 fl oz)	155 cal
	soy protein powder	2/3 Cup(s)	220 cal

Calories 430 cal / **Carbs** 38 g (35%) / **Protein** 59 g (55%) / **Fat** 5 g (10%) / **Fluid** 21

Day 2

Breakfast 7:00 AM	whole eggs, scrambled	1 large	91 cal
	skim milk with calcium	2 Cup(s)	173 cal
	kashi golean crunch cereal	2 Cup(s)	387 cal
	egg whites, cooked	8 large	137 cal
	peaches	1 large	61 cal

Calories 849 cal / **Carbs** 119 g (56%) / **Protein** 71 g (33%) / **Fat** 14 g (15%) / **Fluid** 29

Snack 10:00 AM	apples	1 large	110 cal
	honey peanut yogurt balance bar	1 bar	200 cal
	drinking water	2 Cup(s)	0 cal
	string cheese, light	2 serving	100 cal
	medjool dates	2 date, pitted	133 cal

Calories 543 cal / **Carbs** 89 g (66%) / **Protein** 28 g (21%) / **Fat** 12 g (21%) / **Fluid** 22

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	avocados	1/2 avocado	161 cal
	salsa, ready to serve	2 Tbsp	10 cal
	whole wheat tortillas	1 tortilla	127 cal
	black beans, no salt, boiled	2/3 Cup(s)	151 cal
	ground turkey, cooked	8 oz	460 cal

Calories 909 cal / **Carbs** 57 g (25%) / **Protein** 79 g (35%) / **Fat** 43 g (43%) / **Fluid** 27

Snack 3:00 PM	fruit yogurt, non-fat	1 cup (8 fl oz)	233 cal
	drinking water	2 Cup(s)	0 cal
	bananas	1 extra large	135 cal
	fruit yogurt, non-fat	3/4 cup (8 fl oz)	175 cal

Calories 543 cal / **Carbs** 116 g (86%) / **Protein** 21 g (15%) / **Fat** 1 g (2%) / **Fluid** 31

Dinner 6:00 PM	chicken, boneless, roasted	8 oz	379 cal
	peas & carrots, no salt, boiled	2 Cup(s)	77 cal
	barley, cooked	1 1/3 Cup(s)	257 cal
	drinking water	2 Cup(s)	0 cal

romaine lettuce	1 Cup(s)	8 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal

Calories 791 cal / **Carbs** 81 g (41%) / **Protein** 67 g (34%) / **Fat** 23 g (26%) / **Fluid** 32

Snack	drinking water	2 Cup(s)	0 cal
8:00 PM	almonds, slivered	1 oz	153 cal
	low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal

Calories 397 cal / **Carbs** 20 g (20%) / **Protein** 48 g (49%) / **Fat** 13 g (28%) / **Fluid** 25

Day 3

Breakfast	drinking water	2 Cup(s)	0 cal
7:00 AM	whole wheat english muffin	2 muffin	268 cal
	smooth peanut butter, no salt	2 Tbsp	188 cal
	soy protein powder	2/3 Cup(s)	220 cal
	blueberries	1 Cup(s)	83 cal
	orange juice	1/2 Cup(s)	56 cal

Calories 815 cal / **Carbs** 93 g (46%) / **Protein** 72 g (35%) / **Fat** 22 g (24%) / **Fluid** 26

Snack	honey peanut yogurt balance bar	1 bar	200 cal
10:00 AM	bananas	2 extra large	271 cal
	drinking water	2 Cup(s)	0 cal
	coconut water	1 Cup(s)	46 cal

Calories 516 cal / **Carbs** 100 g (78%) / **Protein** 20 g (16%) / **Fat** 8 g (15%) / **Fluid** 31


Lunch	dijon mustard	1 tsp	5 cal
12:00	romaine lettuce	2 leaf	2 cal
	whole wheat tortillas	3 tortilla	381 cal

PM	chicken, boneless, roasted	8 oz	379 cal
	iced tea, green	16 fl. oz.	0 cal
	olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal

Calories 841 cal / **Carbs** 58 g (28%) / **Protein** 69 g (33%) / **Fat** 34 g (37%) / **Fluid** 23

Snack 3:00 PM	triscuit crackers, light salt	8 crackers	160 cal
	drinking water	2 Cup(s)	0 cal
	baby carrots	10 large	53 cal
	hummus, lower sodium	3 Tbsp	78 cal
	soy protein powder	2/3 Cup(s)	220 cal

Calories 511 cal / **Carbs** 46 g (36%) / **Protein** 59 g (46%) / **Fat** 12 g (21%) / **Fluid** 22

Dinner 6:00 PM	skim milk with calcium	2 Cup(s)	173 cal
	 beef & broccoli with brown rice	1 1/2 serving	464 cal
	teriyaki tofu, baked	4 oz	181 cal
	romaine lettuce	2 Cup(s)	16 cal
	balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal

Calories 870 cal / **Carbs** 94 g (43%) / **Protein** 69 g (32%) / **Fat** 25 g (26%) / **Fluid** 27

Snack 8:00 PM	blackberries	1 Cup(s)	62 cal
	fruit yogurt, non-fat	1 1/4 cup (8 fl oz)	291 cal
	drinking water	2 Cup(s)	0 cal
	soy protein powder	1/3 Cup(s)	110 cal

Calories 463 cal / **Carbs** 72 g (62%) / **Protein** 40 g (35%) / **Fat** 2 g (5%) / **Fluid** 28


Day 4

Breakfast	almonds, slivered	1/2 oz	77 cal
7:00 AM	blueberries	1/2 Cup(s)	41 cal
	oatmeal, steel cut	1 Cup(s)	600 cal
	skim milk with calcium	2 Cup(s)	173 cal

Calories 891 cal / **Carbs** 148 g (66%) / **Protein** 40 g (18%) / **Fat** 16 g (16%) / **Fluid** 17

Snack	low-fat cottage cheese, 1%	2 Cup(s)	325 cal
10:00 AM	blackberries	2 Cup(s)	124 cal
	coconut water	2 Cup(s)	91 cal

Calories 540 cal / **Carbs** 58 g (43%) / **Protein** 63 g (47%) / **Fat** 7 g (12%) / **Fluid** 37

Lunch	 beef & broccoli with brown rice	1 1/2 serving	464 cal
12:00 PM	balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal
	teriyaki tofu, baked	5 oz	227 cal

Calories 777 cal / **Carbs** 77 g (39%) / **Protein** 57 g (29%) / **Fat** 29 g (33%) / **Fluid** 28

Snack	honey peanut yogurt balance bar	1 bar	200 cal
3:00 PM	cucumber	1 1/2 cucumber	68 cal
	drinking water	2 Cup(s)	0 cal
	string cheese, light	3 serving	150 cal
	medjool dates	2 date, pitted	133 cal

Calories 551 cal / **Carbs** 77 g (56%) / **Protein** 37 g (27%) / **Fat** 15 g (25%) / **Fluid** 31

Dinner	mixed vegetables, frozen no salt, boiled	2 Cup(s)	118 cal
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6:00 PM	pork tenderloin, lean, cooked	8 oz	324 cal
	drinking water	2 Cup(s)	0 cal
	whole wheat dinner rolls	2 roll	149 cal
	sweet potato, no salt, baked	1 large	162 cal

Calories 754 cal / **Carbs** 90 g (48%) / **Protein** 73 g (39%) / **Fat** 11 g (13%) / **Fluid** 32

Snack	drinking water	2 Cup(s)	0 cal
8:00 PM	almonds, slivered	1 oz	153 cal
	fruit yogurt, non-fat	2/3 cup (8 fl oz)	155 cal
	soy protein powder	2/3 Cup(s)	220 cal

Calories 528 cal / **Carbs** 42 g (32%) / **Protein** 63 g (48%) / **Fat** 11 g (19%) / **Fluid** 20

Day 5

Breakfast 7:00 AM	kashi golean crunch cereal	2 Cup(s)	387 cal
	skim milk with calcium	2 Cup(s)	173 cal
	egg whites, cooked	8 large	137 cal
	whole eggs, scrambled	1 large	91 cal
	peaches	1 large	61 cal

Calories 849 cal / **Carbs** 119 g (56%) / **Protein** 71 g (33%) / **Fat** 14 g (15%) / **Fluid** 29

Snack	blueberries	1 Cup(s)	83 cal
10:00 AM	almonds, slivered	1 oz	153 cal
	low-fat cottage cheese, 1%	2 Cup(s)	325 cal
	drinking water	2 Cup(s)	0 cal

Calories 561 cal / **Carbs** 44 g (31%) / **Protein** 63 g (45%) / **Fat** 14 g (23%) / **Fluid** 33


Lunch	dijon mustard	1 tsp	5 cal
	whole wheat dinner rolls	3 roll	223 cal

12:00 PM	sliced ham, extra lean, low-sodium	4 slices	110 cal
	balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
	tomatoes	1/4 Cup(s)	8 cal
	romaine lettuce	1 Cup(s)	8 cal
	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	ground turkey, cooked	4 oz	230 cal

Calories 775 cal / **Carbs** 51 g (26%) / **Protein** 54 g (28%) / **Fat** 39 g (45%) / **Fluid** 24

Snack 3:00 PM	triscuit crackers, light salt	15 crackers	300 cal
	hummus, lower sodium	4 Tbsp	105 cal
	drinking water	2 Cup(s)	0 cal
	turkey jerky	1 1/2 oz	106 cal
	baby carrots	10 large	53 cal

Calories 563 cal / **Carbs** 84 g (59%) / **Protein** 27 g (19%) / **Fat** 18 g (28%) / **Fluid** 22

Dinner 6:00 PM	chicken, boneless, roasted	5 oz	237 cal
	drinking water	2 Cup(s)	0 cal
	 adzuki bean salad	2 serving	438 cal
	whole-wheat pita bread	1 large	170 cal

Calories 845 cal / **Carbs** 97 g (46%) / **Protein** 60 g (28%) / **Fat** 26 g (27%) / **Fluid** 26

Snack 8:00 PM	honey peanut yogurt balance bar	1 bar	200 cal
	bananas	1 1/2 extra large	203 cal
	drinking water	2 Cup(s)	0 cal

Calories 403 cal / **Carbs** 74 g (74%) / **Protein** 17 g (17%) / **Fat** 8 g (17%) / **Fluid** 22


Day 6

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	whole wheat tortillas	2 tortilla	254 cal
	salsa, ready to serve	2 Tbsp	10 cal
	whole eggs, scrambled	2 large	182 cal
	egg whites, cooked	6 large	103 cal
	ground turkey, cooked	5 oz	288 cal

Calories 836 cal / **Carbs** 43 g (21%) / **Protein** 81 g (39%) / **Fat** 37 g (39%) / **Fluid** 30

Snack 10:00 AM	bananas	2 extra large	271 cal
	low-fat cottage cheese, 1%	1 2/3 Cup(s)	271 cal
	drinking water	2 Cup(s)	0 cal

Calories 542 cal / **Carbs** 80 g (59%) / **Protein** 50 g (37%) / **Fat** 5 g (8%) / **Fluid** 34

Lunch 12:00 PM	turkey breast, roasted	8 oz	308 cal
	drinking water	2 Cup(s)	0 cal
	 adzuki bean salad	2 serving	438 cal
	whole-wheat pita bread	1/2 large	85 cal

Calories 832 cal / **Carbs** 79 g (38%) / **Protein** 88 g (43%) / **Fat** 20 g (22%) / **Fluid** 28

Snack 3:00 PM	skim milk with calcium	2 Cup(s)	173 cal
	smooth peanut butter, no salt	2 Tbsp	188 cal
	apples	1 large	110 cal
	beef jerky	1 oz	116 cal

Calories 588 cal / **Carbs** 63 g (43%) / **Protein** 35 g (24%) / **Fat** 25 g (38%) / **Fluid** 22

Dinner 6:00 PM	spinach, no salt, boiled	2 Cup(s)	83 cal
	drinking water	2 Cup(s)	0 cal
	salmon, cooked	8 oz	347 cal
	parmesan cheese, shredded	1 1/2 Tbsp	31 cal
	macaroni, cooked	2 Cup(s)	347 cal

Calories 808 cal / **Carbs** 88 g (44%) / **Protein** 84 g (42%) / **Fat** 16 g (18%) / **Fluid** 39

Snack 8:00 PM	medjool dates	3 date, pitted	199 cal
	drinking water	2 Cup(s)	0 cal
	honey peanut yogurt balance bar	1 bar	200 cal

Calories 399 cal / **Carbs** 76 g (76%) / **Protein** 16 g (16%) / **Fat** 7 g (16%) / **Fluid** 17

Day 7

Breakfast 7:00 AM	orange juice	1/2 Cup(s)	56 cal
	whole eggs, scrambled	2 large	182 cal
	whole wheat english muffin	2 1/2 muffin	335 cal
	skim milk with calcium	2 Cup(s)	173 cal
	cheddar cheese	1 slice	113 cal

Calories 858 cal / **Carbs** 106 g (49%) / **Protein** 51 g (24%) / **Fat** 27 g (29%) / **Fluid** 373

Snack 10:00 AM	drinking water	1 Cup(s)	0 cal
	fruit yogurt, non-fat	1 1/3 cup (8 fl oz)	310 cal
	coconut water	1 Cup(s)	46 cal
	bananas	1 1/2 extra large	203 cal

Calories 559 cal / **Carbs** 123 g (88%) / **Protein** 19 g (13%) / **Fat** 2 g (3%) / **Fluid** 30

Lunch 12:00 PM	iced tea, green	16 fl. oz.	0 cal
	dijon mustard	2 tsp	10 cal
	romaine lettuce	3 leaf	3 cal
	turkey breast, roasted	10 oz	386 cal
	whole wheat tortillas	3 tortilla	381 cal
	apples	1 large	110 cal

Calories 890 cal / **Carbs** 86 g (39%) / **Protein** 96 g (43%) / **Fat** 18 g (18%) / **Fluid** 30

Snack 3:00 PM	baby carrots	10 large	53 cal
	drinking water	2 Cup(s)	0 cal
	hummus, lower sodium	4 Tbsp	105 cal
	triscuit crackers, light salt	12 crackers	240 cal
	string cheese, low-fat	2 piece	160 cal

Calories 557 cal / **Carbs** 63 g (45%) / **Protein** 28 g (20%) / **Fat** 26 g (42%) / **Fluid** 22

Dinner 6:00 PM	barley, cooked	1/2 Cup(s)	97 cal
	balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
	drinking water	2 Cup(s)	0 cal
	chicken, boneless, roasted	10 oz	473 cal
	peas & carrots, no salt, boiled	1 Cup(s)	38 cal
	romaine lettuce	1 Cup(s)	8 cal
	extra virgin olive oil	1 1/3 Tbsp	160 cal

Calories 811 cal / **Carbs** 34 g (17%) / **Protein** 76 g (37%) / **Fat** 41 g (46%) / **Fluid** 28

Snack 8:00 PM	apricots	1 apricot	17 cal
	low-fat cottage cheese, 1%	2 Cup(s)	325 cal
	drinking water	2 Cup(s)	0 cal

Calories 342 cal / **Carbs** 16 g (19%) / **Protein** 56 g (66%) / **Fat** 5 g (12%) / **Fluid** 30

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
beef broth, low sodium	1 Cup(s)

Nutrition Totals

Calories 310 / **Carbs** 32 g / **Protein** 22 g / **Fat** 10 g / **Fluid** 6.15 fl oz

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 310	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	497.8mg	21%
Total Carbohydrates	32.1g	11%
Dietary Fiber	4.4g	18%
Sugars	10g	
Protein	21.8g	
Vitamin A 12%	•	Vitamin C 143%
Calcium 7%	•	Iron 17%
* 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** 6.32 fl oz

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 219	Calories from Fat 65.6	
% Daily Value*		
Total Fat	7.2g	11%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	30.7g	10%
Dietary Fiber	9g	36%
Sugars	0.5g	
Protein	9.2g	
Vitamin A 4%	•	Vitamin C 10%
Calcium 4%	•	Iron 17%
* 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		

Bodybuilding_ILM_DA5 Shopping List

Accompaniments	balsamic vinaigrette salad dressing, lower sodium	16 Tbsp
	brown sugar	3 tsp packed packed
	cornstarch	3 tsp
	dijon mustard	6 tsp
	olive oil, mayonnaise, light	1.5 Tbsp
	salsa, ready to serve	8 Tbsp
Beef	beef jerky	2 oz
	beef top sirloin, lean	9 oz
Beverages	coconut water	6 Cup(s)
	drinking water	58 Cup(s)
	iced tea, green	384 fl. oz.
Bread	whole-wheat pita bread	1.5 large
	whole wheat dinner rolls	8 roll
	whole wheat english muffin	4.5 muffin
	whole wheat tortillas	9 tortilla

Cereal & Grain Products	barley, cooked	1.83 Cup(s)
	brown rice, long-grain, cooked	0.76 Cup(s)
	kashi golean crunch cereal	4 Cup(s)
	macaroni, cooked	2 Cup(s)
	oatmeal, steel cut	0.5 Cup(s)
	wild rice, cooked	1.5 Cup(s)
Cookies & Crackers	triscuit crackers, light salt	282 crackers
Dairy & Egg	cheddar cheese	1 slice
	egg whites, cooked	26 large
	fruit yogurt, non-fat	5.67 cup (8 fl oz)
	low-fat cottage cheese, 1%	11.17 Cup(s)
	parmesan cheese, shredded	1.5 Tbsp
	skim milk with calcium	15 Cup(s)
	string cheese, light	5 serving
	string cheese, low-fat	2 piece
Fats & Oils	whole eggs, scrambled	7 large
	extra virgin olive oil	3.83 Tbsp
	olive oil	2 Tbsp
Finfish & Shellfish	orange roughy fish, cooked	8 oz

	salmon, cooked	8 oz
Fruits & Juices	apples	4 large
	apricots	2 apricot
	avocados	0.5 avocado
	bananas	8 extra large
	blackberries	3 Cup(s)
	blueberries	3 Cup(s)
	lemon juice	2 Tbsp
	medjool dates	7 date, pitted
	orange juice	1 Cup(s)
	peaches	2 large
	tangerines/ mandarin oranges	2 medium
Legumes & Beans	adzuki beans, no salt, boiled	2 Cup(s)
	black beans, no salt, boiled	0.67 Cup(s)
	green snap beans	6 Tbsp
	hummus, lower sodium	11 Tbsp
Nuts & Seeds	almonds, slivered	3.75 oz
	smooth peanut butter, no salt	8 Tbsp
Pork	pork tenderloin, lean, cooked	8 oz











Poultry	chicken, boneless, roasted	31 oz
	ground turkey, cooked	17 oz
	turkey breast, roasted	26 oz
Sausages & Meats	sliced ham, extra lean, low-sodium	12 slices
Snacks	turkey jerky	1.5 oz
Soup	beef broth, low sodium	3 Cup(s)
Spices & Herbs	coriander seed	2 tsp
	cumin ground	2 tsp
	garlic powder	0.76 tsp
	parsley	4 tsp
Sports & Diet Nutritionals	honey peanut yogurt balance bar	6 bar
	soy protein powder	0.99 Cup(s)
Vegetables	baby carrots	40 large
	broccoli	3 cup chopped
	cucumber	1.5 cucumber
	mixed vegetables, frozen no salt, boiled	3.5 Cup(s)
	onions	0.76 cup, sliced
		0.76 Cup(s)
	peas & carrots, no salt, boiled	3 Cup(s)

	romaine lettuce	7 Cup(s)
		5 leaf
	spinach, no salt, boiled	2 Cup(s)
	sweet potato, no salt, baked	1 large
	tomatoes	0.5 Cup(s)
Vegetarian Products	teriyaki tofu, baked	9 oz







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