

Fat Loss Keto, 200-215lbs

Day 1

Breakfast 7:00 AM	whole eggs, scrambled	2 large	182 cal
	drinking water	2 Cup(s)	0 cal
	egg whites, cooked	10 large	172 cal
	bacon, low-sodium, cooked	4 slice cooked	173 cal
	green chili peppers, canned	1 Tbsp	2 cal
	butter, no salt	1 Tbsp	103 cal

Calories 631 cal / **Carbs** 5 g (3%) / **Protein** 60 g (38%) / **Fat** 39 g (56%) / **Fluid** 29

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	cream cheese	3 Tbsp	103 cal
	cucumber	1/4 cucumber	11 cal
	almonds	1 1/2 oz	243 cal

Calories 357 cal / **Carbs** 13 g (15%) / **Protein** 11 g (12%) / **Fat** 31 g (79%) / **Fluid** 19

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	baby bok choy	1 cup raw	10 cal
	chicken breast, cooked	8 oz	374 cal
	sesame oil, salad or cooking	2 Tbsp	239 cal

Calories 623 cal / **Carbs** 2 g (1%) / **Protein** 71 g (46%) / **Fat** 35 g (51%) / **Fluid** 21

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	whey protein powder	2 1/2 Scoop	282 cal

ground flaxseed 1 1/2 Tbsp 105 cal

Calories 387 cal / **Carbs** 8 g (9%) / **Protein** 70 g (72%) / **Fat** 10 g (24%) / **Fluid** 16

Dinner
6:00 PM

drinking water	2 Cup(s)	0 cal
 korean bbq keto bowl	1 1/2 serving	407 cal
endive, raw	1 cup, chopped	3 cal
olive oil	2 Tbsp	239 cal
lemon juice	1/2 Tbsp	2 cal

Calories 651 cal / **Carbs** 9 g (6%) / **Protein** 38 g (23%) / **Fat** 52 g (71%) / **Fluid** 24

Snack
8:00 PM

drinking water	2 Cup(s)	0 cal
cheddar cheese	2 oz	228 cal
peanuts, no salt, dry-roasted	3/4 oz	124 cal

Calories 353 cal / **Carbs** 5 g (6%) / **Protein** 19 g (22%) / **Fat** 29 g (75%) / **Fluid** 17

Day 2

Breakfast
7:00 AM

whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal
asparagus, boiled	4 spears	13 cal
cheddar cheese	2 oz	228 cal
butter, no salt	2 Tbsp	205 cal

Calories 629 cal / **Carbs** 5 g (3%) / **Protein** 28 g (18%) / **Fat** 56 g (79%) / **Fluid** 22

Snack
10:00 AM

drinking water	2 Cup(s)	0 cal
whey protein powder	2 Scoop	225 cal
ground flaxseed	1 1/2 Tbsp	105 cal

Calories 330 cal / **Carbs** 8 g (10%) / **Protein** 57 g (68%) / **Fat** 10 g (27%) / **Fluid** 16

Lunch 12:00 PM	iced tea, green	2 Cup(s)	0 cal
	romaine lettuce	1 1/2 Cup(s)	12 cal
	ground turkey, cooked	5 oz	288 cal
	green chili peppers, canned	1 Tbsp	2 cal
	salsa, ready to serve	1/2 Tbsp	2 cal
	olive oil	2 Tbsp	239 cal
	queso cotija	1 1/2 oz	156 cal

Calories 698 cal / **Carbs** 5 g (3%) / **Protein** 48 g (28%) / **Fat** 55 g (71%) / **Fluid** 22

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	cheddar cheese	2 oz	228 cal
	cashews	3/4 oz	118 cal

Calories 346 cal / **Carbs** 7 g (8%) / **Protein** 18 g (21%) / **Fat** 28 g (73%) / **Fluid** 17

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	 korean bbq keto bowl	1 1/2 serving	407 cal
	baby bok choy	1 cup raw	10 cal
	sesame oil, salad or cooking	2 Tbsp	239 cal

Calories 656 cal / **Carbs** 10 g (6%) / **Protein** 39 g (24%) / **Fat** 51 g (71%) / **Fluid** 23

Snack 8:00 PM	drinking water	2 Cup(s)	0 cal
	peanuts, no salt, dry-roasted	2 oz	332 cal

Calories 332 cal / **Carbs** 12 g (15%) / **Protein** 13 g (16%) / **Fat** 28 g (76%) / **Fluid** 16

Day 3

Breakfast	drinking water	2 Cup(s)	0 cal
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7:00 AM	📄 salmon & avocado, keto egg wrap bacon, low-sodium, cooked	1 1/2 serving 4 slice cooked	456 cal 173 cal
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Calories 629 cal / **Carbs** 8 g (5%) / **Protein** 36 g (23%) / **Fat** 51 g (73%) / **Fluid** 20

Snack 10:00 AM	drinking water cashews cucumber cream cheese	2 Cup(s) 1 1/2 oz 1/4 cucumber 4 Tbsp	0 cal 235 cal 11 cal 137 cal
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Calories 383 cal / **Carbs** 17 g (18%) / **Protein** 11 g (11%) / **Fat** 32 g (76%) / **Fluid** 19

Lunch 12:00 PM	tuna fish, very low-sodium, in water drinking water asparagus, boiled soybean mayonnaise salad dressing, no salt	8 oz 2 Cup(s) 8 spears 4 tbsp	224 cal 0 cal 26 cal 396 cal
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Calories 646 cal / **Carbs** 6 g (4%) / **Protein** 55 g (34%) / **Fat** 47 g (66%) / **Fluid** 20

Snack 3:00 PM	drinking water peanuts, no salt, dry-roasted cheddar cheese	2 Cup(s) 3/4 oz 2 oz	0 cal 124 cal 228 cal
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Calories 353 cal / **Carbs** 5 g (6%) / **Protein** 19 g (22%) / **Fat** 29 g (75%) / **Fluid** 17

Dinner 6:00 PM	drinking water olive oil endive, raw chicken breast, cooked	2 Cup(s) 2 Tbsp 1 cup, chopped 8 oz	0 cal 239 cal 3 cal 374 cal
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Calories 616 cal / **Carbs** 1 g (0%) / **Protein** 71 g (46%) / **Fat** 35 g (51%) / **Fluid** 22

Snack 8:00 PM	drinking water	2 Cup(s)	0 cal
	whey protein powder	2 Scoop	225 cal
	ground flaxseed	2 Tbsp	140 cal

Calories 365 cal / **Carbs** 10 g (11%) / **Protein** 58 g (64%) / **Fat** 13 g (32%) / **Fluid** 16

Day 4

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	 salmon & avocado, keto egg wrap	1 1/2 serving	456 cal
	asparagus, boiled	2 spears	7 cal
	bacon, low-sodium, cooked	4 slice cooked	173 cal

Calories 636 cal / **Carbs** 9 g (6%) / **Protein** 36 g (23%) / **Fat** 51 g (73%) / **Fluid** 21

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	whey protein powder	2 Scoop	225 cal
	ground flaxseed	2 Tbsp	140 cal

Calories 365 cal / **Carbs** 10 g (11%) / **Protein** 58 g (64%) / **Fat** 13 g (32%) / **Fluid** 16

Lunch 12:00 PM	baby bok choy	1/2 cup raw	5 cal
	iced tea, green	2 Cup(s)	0 cal
	bamboo shoots raw	1/2 cup (1/2" pieces)	7 cal
	sesame oil, salad or cooking	3 Tbsp	358 cal
	shrimp, cooked	8 oz	270 cal

Calories 640 cal / **Carbs** 6 g (4%) / **Protein** 53 g (33%) / **Fat** 44 g (63%) / **Fluid** 22

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	cheddar cheese	2 oz	228 cal
	cucumber	1/3 cucumber	15 cal

Calories 244 cal / **Carbs** 4 g (7%) / **Protein** 15 g (24%) / **Fat** 19 g (70%) / **Fluid** 20

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	olive oil	3 Tbsp	358 cal
	swiss chard, no salt, boiled	1/2 cup, chopped	18 cal
	turkey breast, roasted	11 oz	424 cal

Calories 800 cal / **Carbs** 4 g (2%) / **Protein** 94 g (47%) / **Fat** 47 g (53%) / **Fluid** 26

Snack 8:00 PM	drinking water	2 Cup(s)	0 cal
	cottage cheese, 4%	1 1/2 Cup(s)	330 cal

Calories 330 cal / **Carbs** 15 g (18%) / **Protein** 36 g (44%) / **Fat** 14 g (37%) / **Fluid** 16

Day 5

Breakfast 7:00 AM	whole eggs, scrambled	2 large	182 cal
	drinking water	2 Cup(s)	0 cal
	egg whites, cooked	6 large	103 cal
	ground turkey, cooked	4 oz	230 cal
	green chili peppers, canned	1/2 Tbsp	1 cal
	cheddar cheese	1 1/2 oz	171 cal

Calories 687 cal / **Carbs** 4 g (2%) / **Protein** 75 g (44%) / **Fat** 40 g (52%) / **Fluid** 28

Snack 10:00	drinking water	2 Cup(s)	0 cal
	cottage cheese, 4%	1 1/4 Cup(s)	275 cal

AM	cucumber	1/4 cucumber	11 cal
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Calories 286 cal / **Carbs** 15 g (21%) / **Protein** 30 g (43%) / **Fat** 11 g (36%) / **Fluid** 18

Lunch	turkey breast, roasted	8 oz	308 cal
12:00	iced tea, green	2 Cup(s)	0 cal
PM	endive, raw	1 cup, chopped	3 cal
	soybean mayonnaise salad dressing, no salt	4 tbsp	396 cal

Calories 707 cal / **Carbs** 2 g (1%) / **Protein** 68 g (38%) / **Fat** 48 g (62%) / **Fluid** 22

Snack	drinking water	2 Cup(s)	0 cal
3:00 PM	whey protein powder	2 Scoop	225 cal
	ground flaxseed	1 1/2 Tbsp	105 cal

Calories 330 cal / **Carbs** 8 g (10%) / **Protein** 57 g (68%) / **Fat** 10 g (27%) / **Fluid** 16

Dinner	drinking water	2 Cup(s)	0 cal
6:00 PM	 zucchini noodle shrimp scampi	1 1/2 serving	640 cal
	parmesan cheese, grated	1 Tbsp	22 cal

Calories 661 cal / **Carbs** 14 g (9%) / **Protein** 52 g (32%) / **Fat** 44 g (59%) / **Fluid** 36

Snack	drinking water	2 Cup(s)	0 cal
8:00 PM	peanuts, no salt, dry-roasted	3/4 oz	124 cal
	cheddar cheese	2 oz	228 cal

Calories 353 cal / **Carbs** 5 g (6%) / **Protein** 19 g (22%) / **Fat** 29 g (75%) / **Fluid** 17

Day 6

Breakfast	drinking water	1 Cup(s)	0 cal
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7:00 AM	egg whites, cooked	8 large	137 cal
	ground turkey, cooked	4 oz	230 cal
	cheddar cheese	1 1/2 oz	171 cal
	olive oil	1 1/2 Tbsp	179 cal
	salsa, ready to serve	1/2 Tbsp	2 cal

Calories 720 cal / **Carbs** 3 g (2%) / **Protein** 71 g (39%) / **Fat** 47 g (58%) / **Fluid** 19

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	cottage cheese, 4%	1 Cup(s)	220 cal
	ground flaxseed	1 1/2 Tbsp	105 cal

Calories 325 cal / **Carbs** 16 g (20%) / **Protein** 29 g (35%) / **Fat** 18 g (50%) / **Fluid** 16

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	baby bok choy	1/4 cup raw	3 cal
	chicken breast, cooked	9 oz	421 cal
	sesame oil, salad or cooking	2 Tbsp	239 cal
	bamboo shoots raw	1/4 cup (1/2" pieces)	3 cal

Calories 666 cal / **Carbs** 1 g (1%) / **Protein** 80 g (48%) / **Fat** 36 g (49%) / **Fluid** 22

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	cheddar cheese	2 1/2 oz	286 cal
	cucumber	1/4 cucumber	11 cal

Calories 297 cal / **Carbs** 4 g (5%) / **Protein** 18 g (24%) / **Fat** 24 g (71%) / **Fluid** 19

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	 zucchini noodle shrimp scampi	1 1/2	640 cal

		1 Tbsp	22 cal
	parmesan cheese, grated		

Calories 661 cal / **Carbs** 14 g (9%) / **Protein** 52 g (32%) / **Fat** 44 g (59%) / **Fluid** 36

Snack	drinking water	2 Cup(s)	0 cal
8:00 PM	whey protein powder	2 Scoop	225 cal
	ground flaxseed	2 Tbsp	140 cal

Calories 365 cal / **Carbs** 10 g (11%) / **Protein** 58 g (64%) / **Fat** 13 g (32%) / **Fluid** 16

Day 7

Breakfast	whole eggs, scrambled	2 large	182 cal
7:00 AM	drinking water	2 Cup(s)	0 cal
	egg whites, cooked	8 large	137 cal
	green chili peppers, canned	1/2 Tbsp	1 cal
	queso cotija	1 oz	104 cal
	olive oil	2 Tbsp	239 cal

Calories 662 cal / **Carbs** 5 g (3%) / **Protein** 47 g (28%) / **Fat** 49 g (67%) / **Fluid** 27

Snack	drinking water	2 Cup(s)	0 cal
10:00 AM	asparagus, boiled	4 spears	13 cal
	tuna fish, very low-sodium, in water	6 oz	168 cal
	soybean mayonnaise salad dressing, no salt	2 tbsp	198 cal

Calories 379 cal / **Carbs** 3 g (3%) / **Protein** 40 g (42%) / **Fat** 24 g (58%) / **Fluid** 18

Lunch	romaine lettuce	4 leaf	4 cal
12:00 PM	iced tea, green	2 Cup(s)	0 cal
	turkey breast, roasted	7 oz	270 cal
	bacon, low-sodium, cooked	4 slice cooked	173 cal

soybean mayonnaise salad dressing, no salt 2 tbsp 198 cal

Calories 645 cal / **Carbs** 2 g (1%) / **Protein** 71 g (44%) / **Fat** 39 g (55%) / **Fluid** 22

Snack whey protein powder 2 Scoop 225 cal
3:00 PM drinking water 2 Cup(s) 0 cal
 cashews 3/4 oz 118 cal

Calories 343 cal / **Carbs** 8 g (10%) / **Protein** 56 g (65%) / **Fat** 10 g (27%) / **Fluid** 16

Dinner drinking water 2 Cup(s) 0 cal
6:00 PM olive oil 2 Tbsp 239 cal
 chicken breast, cooked 8 oz 374 cal
 swiss chard, no salt, boiled 1 1/4 cup, chopped 44 cal

Calories 657 cal / **Carbs** 9 g (6%) / **Protein** 74 g (45%) / **Fat** 35 g (48%) / **Fluid** 28

Snack drinking water 2 Cup(s) 0 cal
8:00 PM cottage cheese, 4% 1 1/2 Cup(s) 330 cal

Calories 330 cal / **Carbs** 15 g (18%) / **Protein** 36 g (44%) / **Fat** 14 g (37%) / **Fluid** 16



4 Servings

korean bbq keto bowl

Ingredients

sriracha, hot chili sauce	2 Tbsp
ginger, ground	1/2 Tbsp
garlic	1 clove
coconut vegetable oil	2 Tbsp
cauliflower	1 head, small (4" dia)
cilantro leaves raw, coriander	1 Tbsp
skirt steak, lean	16 oz

Nutrition Totals

Calories 1086 / **Carbs** 22 g / **Protein** 101 g / **Fat** 65 g / **Fluid** 19.17 fl oz

Instructions

1. Mix sriracha, ginger and garlic for the marinade in a gallon sized sealable bag.
2. Place the sliced steak in the bag with the marinade and make sure the steak is well-coated.
3. Marinade for a minimum of 1 hour; recommended to marinade overnight.
4. Heat coconut oil in a large nonstick skillet. Add cauliflower (riced cauliflower recommended). Cook cauliflower until tender.
5. Heat a large cast iron skillet or grill pan on high heat until very hot.
6. Grill steak in batches, cooking until desired doneness.
7. Place steak over prepared cauliflower; garnish with minced fresh cilantro and serve.

Nutrition Label

korean bbq keto bowl		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 272	Calories from Fat 146.8	
% Daily Value*		
Total Fat	16.3g	25%
Saturated Fat	9.4g	47%
Trans Fat	0g	
Cholesterol	64.6mg	22%
Sodium	246.1mg	10%
Total Carbohydrates	5.5g	2%
Dietary Fiber	1.4g	6%
Sugars	2.7g	
Protein	25.2g	
Vitamin A 0%	•	Vitamin C 53%
Calcium 3%	•	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



salmon & avocado, keto egg wrap

Ingredients

egg	3 egg
avocados	1/2 avocado
fish salmon chinook smoked	2 oz, boneless
cream cheese	2 Tbsp
chives	2 tsp chopped
butter, no salt	1 Tbsp
black pepper	2 dash
green onions/scallions	1 tbsp chopped

Nutrition Totals

Calories 608 / **Carbs** 10 g / **Protein** 32 g / **Fat** 51 g / **Fluid** 4.57 fl oz

Instructions

1. Crack the eggs into a mixing bowl and whisk. Add in black pepper.
2. In a small bowl, combine cream cheese and sliced chives.
3. Melt butter in a medium sized omelette pan. Pour in whisked eggs.
4. Cook omelette until soft, yet cooked through.
5. Slide the omelette onto a plate and top with cream cheese/chive mixture.
6. Top with sliced avocado, smoked salmon and green onions.
7. Fold the omelette into a wrap.

Nutrition Label

salmon & avocado, keto egg wrap		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 304	Calories from Fat 227.9	
% Daily Value*		
Total Fat	25.3g	39%
Saturated Fat	6.9g	35%
Trans Fat	0.2g	
Cholesterol	32.8mg	11%
Sodium	231.8mg	10%
Total Carbohydrates	5g	2%
Dietary Fiber	3.4g	14%
Sugars	0.7g	
Protein	15.9g	
Vitamin A 10%	•	Vitamin C 10%
Calcium 2%	•	Iron 6%
* 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



zucchini noodle shrimp scampi

Ingredients

zucchini/summer squash	2 medium
olive oil	2 Tbsp
shrimp	16 oz
garlic	1 clove
butter, no salt	2 Tbsp
parsley	2 tsp
crushed red pepper flakes	1 tsp
white wine	1 Tbsp
lemon juice	1 Tbsp

Nutrition Totals

Calories 853 / **Carbs** 19 g / **Protein** 67 g / **Fat** 56 g / **Fluid** 26.55 fl oz

Instructions

1. Cut zucchini into noodles, using a mandoline or a spiralizer. Set aside.
2. Place a large sauté pan over medium heat. Add the olive oil and heat.
3. Add the garlic and crushed red pepper flakes, stirring constantly.
4. Add the shrimp to the pan, stirring as needed, until they are cooked through.
5. Use a slotted spoon to remove shrimp from pan. Set aside.
6. Leave remaining liquid in pan. Increase heat to medium-high. Add in white wine, lemon juice and butter.
7. Cook until sauce has reduced and thickened slightly. Add the zucchini noodles and cook for 2 minutes, or until tender.
8. Toss in prepared shrimp and garnish with minced fresh parsley.

Nutrition Label

zucchini noodle shrimp scampi		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 427	Calories from Fat 252.4	
% Daily Value*		
Total Fat	28g	43%
Saturated Fat	9.9g	50%
Trans Fat	0.5g	
Cholesterol	316.5mg	106%
Sodium	522.9mg	22%
Total Carbohydrates	9.4g	3%
Dietary Fiber	2g	8%
Sugars	5.1g	
Protein	33.5g	
Vitamin A 33%	•	Vitamin C 67%
Calcium 16%	•	Iron 6%
* 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	Greater 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		

Fat Loss Keto, 200-215lbs Shopping List

Accompaniments	salsa, ready to serve	2 Tbsp
	soybean mayonnaise salad dressing, no salt	12 tbsp
	sriracha, hot chili sauce	1.5 Tbsp
Beef	skirt steak, lean	12 oz
Beverages	drinking water	75 Cup(s)
	iced tea, green	8 Cup(s)
	white wine	1.5 Tbsp
Dairy & Egg	butter, no salt	7.5 Tbsp
	cheddar cheese	17.5 oz
	cottage cheese, 4%	2.63 Cup(s)
	cream cheese	10 Tbsp
	egg	4.5 egg
	egg whites, cooked	32 large
	parmesan cheese, grated	2 Tbsp
	whole eggs, scrambled	8 large

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Fats & Oils	coconut vegetable oil	1.5 Tbsp
	olive oil	17.5 Tbsp
	sesame oil, salad or cooking	9 Tbsp
Finfish & Shellfish	shrimp	24 oz
	shrimp, cooked	8 oz
	tuna fish, very low-sodium, in water	14 oz
Fruits & Juices	avocados	0.76 avocado
	lemon juice	2 Tbsp
Nuts & Seeds	almonds	1.5 oz
	cashews	3 oz
	ground flaxseed	12 Tbsp
	peanuts, no salt, dry-roasted	4.25 oz
Pork	bacon, low-sodium, cooked	16 slice cooked
Poultry	chicken breast, cooked	33 oz
	ground turkey, cooked	13 oz
	turkey breast, roasted	26 oz
Spices & Herbs	black pepper	3 dash
	crushed red pepper flakes	0.38 tsp
	ginger, ground	0.38 Tbsp

	parsley	3 tsp
Sports & Diet Nutritionals	whey protein powder	14.5 Scoop
Uncategorized	bamboo shoots raw	1.13 cup (1/2" pieces)
	fish salmon chinook smoked	3 oz, boneless
	queso cotija	2.5 oz
Vegetables	asparagus, boiled	72 spears
	baby bok choy	2.75 cup raw
	cauliflower	0.76 head, small (4" dia)
	chives	3 tsp chopped
	cilantro leaves raw, coriander	0.76 Tbsp
	cucumber	1.33 cucumber
	endive, raw	4.5 cup, chopped
	garlic	2.26 clove
	green chili peppers, canned	3 Tbsp
	green onions/scallions	1.5 tbsp chopped
	romaine lettuce	1.5 Cup(s)
		4 leaf
	swiss chard, no salt, boiled	1.75 cup, chopped
	zucchini/summer squash	3 medium



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