



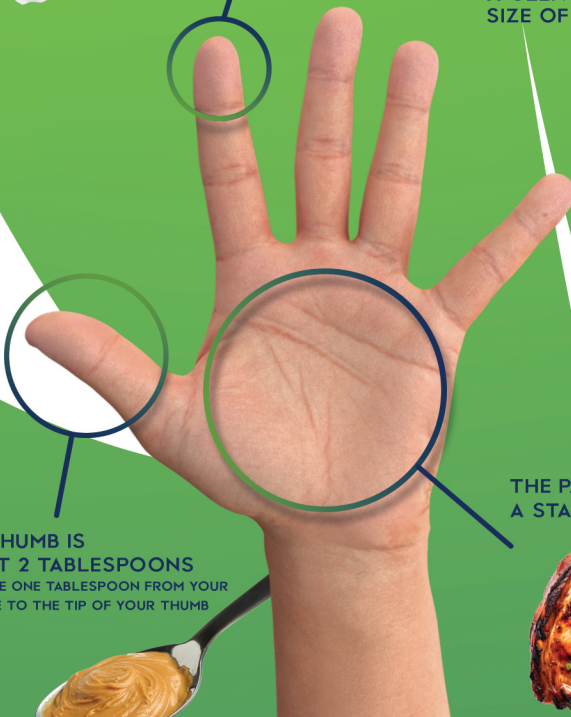
THE FINGERTIP IS ABOUT 1 TEASPOON



A CLENCHED FIST IS THE SIZE OF A 1-CUP SERVING



THE FRONT OF YOUR CLOSED FIST IS ABOUT 1/2 CUP



THE THUMB IS ABOUT 2 TABLESPOONS
*MEASURE ONE TABLESPOON FROM YOUR KNUCKLE TO THE TIP OF YOUR THUMB



THE PALM IS 3-4OZ, WHICH IS A STANDARD SERVING OF MEAT



Circular outline represents an 11" plate.



Plate reference size is a standard 11" plate

BREAKFAST

- SCRAMBLED EGGS
- TOAST WITH BUTTER
- ORANGE JUICE
- GREEK YOGURT
- STRAWBERRIES

- OATMEAL
- BERRIES
- PEANUT BUTTER
- CHOCOLATE MILK
- TURKEY SAUSAGE PATTY

- BREAKFAST BURRITO WITH:
- SAUSAGE
- EGG
- CHEESE
- SALSA

LUNCH

- TACOS WITH:
- BLACK BEANS
- GROUND BEEF
- CHEESE
- ONIONS
- RICE

- HAM AND CHEESE SANDWICH
- GREEK YOGURT
- MIXED NUTS
- APPLE
- CHOCOLATE MILK

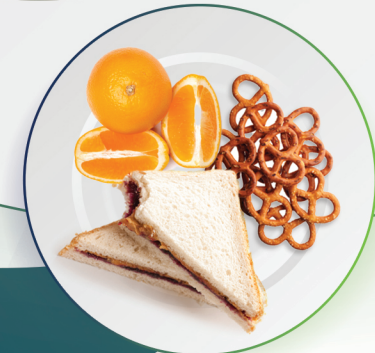
- PEANUT BUTTER AND JELLY SANDWICH
- PRETZELS
- CLEMENTINE ORANGES
- CHEESE STICK
- MILK

DINNER

- SPAGHETTI
- MEAT SAUCE
- PARMESAN CHEESE
- GREEN BEANS
- GARLIC BREAD
- MILK

- SIRLOIN STEAK
- BAKED POTATO
- CARROTS
- ROLL
- MILK

- PIZZA WITH:
- PROTEIN OF CHOICE
- VEGETABLES
- SALAD



The boxes above reflect sample meals. Refer to the protein and carbohydrate requirement handout for individual needs and help choosing portions.

Protein sources

Carbohydrate sources



4 oz sirloin steak
23 grams



4 oz pork chop
25 grams



4 oz salmon
25 grams



2 slices
whole-wheat bread
30 grams



1 cup macaroni
40 grams



1 cup spaghetti
46 grams



1 cup cooked
black beans
15 grams



4 eggs
24 grams



5.3 oz Greek yogurt
12 grams



1/2 cup dry
1-minute oatmeal
28 grams



1 cup peas
25 grams



1 medium potato
37 grams



3 tablespoons
peanut butter
10 grams



2.6 oz pouch tuna
17 grams



1 cup milk
8 grams



1 medium apple
30 grams



1 cup milk
12 grams



2 corn tortillas
20 grams