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

THE THUMB IS ABOUT 2 TABLESPOONS, MEASURED FROM YOUR FINGERTIPS TO THE TOP OF THE THUMB.

THE PINGERTIP IS ABOUT 1 TEASPOON

A CLENCHED FIST IS THE SIZE OF A 1 CUP SERVING

THE PALM IS 8-10 OZ, WHICH IS A STANDARD SERVING OF MEAT.

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

Plate reference size is a standard 11” plate.

The images above reflect sample meals. Refer to the protein and carbohydrate requirement handbook for individual needs and help choosing portions.
Protein sources

- 4 oz sirloin steak: 23 grams
- 4 oz pork chop: 25 grams
- 4 oz salmon: 25 grams
- 1 cup cooked black beans: 15 grams
- 4 eggs: 24 grams
- 5.3 oz Greek yogurt: 12 grams
- 3 tablespoons peanut butter: 10 grams
- 2.6 oz pouch tuna: 17 grams
- 1 cup milk: 8 grams

Carbohydrate sources

- 2 slices whole-wheat bread: 30 grams
- 1 cup macaroni: 40 grams
- 1 cup spaghetti: 46 grams
- ½ cup dry 1-minute oatmeal: 28 grams
- 1 cup peas: 25 grams
- 1 medium potato: 37 grams
- 1 medium apple: 30 grams
- 1 cup milk: 12 grams
- 2 corn tortillas: 20 grams