

*For frame of reference in regard to serving sizes per meal, please view the pictures below.

Ex. - 3oz serving of protein



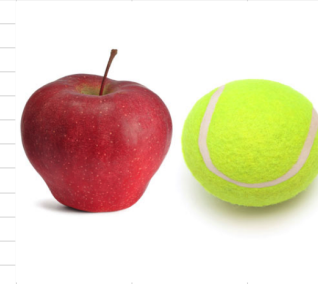
Ex. - 1 serving of fat (2 tbsp nut butter)



Additional Notes

- 1 cup of COOKED pasta ≈ 40g carbs
- 1 cup of COOKED rice ≈ 40g carbs
- 1 cup of COOKED oatmeal ≈ 40g carbs
- 1 medium sized apple/orange/banana ≈ 25g carbs

Ex. - 1 medium sized apple



Ex. - 1 serving vegetables



Ex. - 30g healthy carbs



Lean Protein Sources	Veggies	Healthy Fats	Healthy Carbs	Workout Shake Carbs
Any fish (tuna, salmon, etc...)	Broccoli	Small handful of any nuts	Whole grain bread	Gatorade
Any seafood (shrimp, scallops etc)	Spinach	1/2 avocado	Rice (any type)	Lemonade
Chicken breast	Lettuce	1 tbsp olive oil	Whole wheat pasta	Powerade
Turkey breast	Onions	1 tbsp canola oil	Oatmeal	Coconut Water
Any meat 90% or leaner	Tomatoes	2 tbsp any natural nut butter	Sweet Potatoes	Advanced Carbs (Vitargo, etc.)
Egg whites (count in grams of protein, not ounces)	Green Peppers	1 serving ≈ 15g fat	Quinoa	Kool Aid
4oz of lean meat ≈ 24g of protein	Asparagus		Any fruit	Any Fruit Juice
5oz of lean meat ≈ 30g of protein	Cabbage		* grams of carbs FROM	* grams of carbs FROM
	Cauliflower		healthy sources, not	shake sources
	Celery		total weight of food	
	Cucumbers			
	Brussels Sprouts			
	Green Beans			
	Portabella Mushrooms			
	Yellow Squash			
	Zucchini			
	1 small handful ≈ 1 cup			