

Male Portion Sizes

A Foods: (please try to vary your choices during the week)

5 Ounces (Meats) – This can be weighted or measured by your palm

Egg – Maximum two yolks per week (unlimited egg whites)

Yogurt - 1 Cup

1 Cup Skim Milk/Unsweetened Almond Milk/Rice Milk Unsweetened or Soy

Protein Powder – 1 Scoop unless otherwise advised on label

Tuna - 1 Can

B Foods:

1 Cup Sweet Potato

1 Cup Cereal

2 Slice Toast

1 Pita/1 Small Wrap

1 Cup Pasta

1 Cup Oatmeal

1 Cup Beans/Pumpkin

C Foods:

1 Cup Berries or 1 Piece Fruit

2 Cups Veggies

Salad – unlimited!

D Foods:

1 Cup Fruit or 1 Piece

1 Cup Veggies

E Foods:

24 Nuts

2 Tbsp

1 Avocado

Snacks:

Your snacks can all be doubled from the original list. If you are hungry make sure to let me know!