

PORTION CONTROL



OATMEAL

1/2 TO 1 CUP COOKED



ABOUT THE SIZE OF
YOUR FIST



BERRIES

1 CUP



ABOUT THE SIZE OF
YOUR FIST



SALMON

3-4 OUNCES



THE SIZE OF YOUR PALM



TURKEY BURGER

1 PATTY



THE SIZE OF YOUR PALM



GREENS
(E.G. LETTUCE,
SPINACH)

2 CUPS



ABOUT THE SIZE OF
2 FISTS



NUTS

1 OUNCE



A SMALL HANDFUL



AVOCADO

1/4 TO 1/2 MEDIUM SIZED



ABOUT THE SIZE OF
A LIGHTBULB



SWEET POTATOES

1 MEDIUM



ABOUT THE SIZE OF
YOUR FIST



CHICKEN BREAST

3-4 OUNCES



THE SIZE OF YOUR PALM



QUINOA

1/2 CUP COOKED



ABOUT THE SIZE OF
A TENNIS BALL

VSHRED PORTION CONTROL

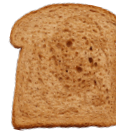


GREEK YOGURT

1 CUP



ABOUT THE SIZE OF
YOUR FIST



WHOLE WHEAT
BREAD

1 SLICE

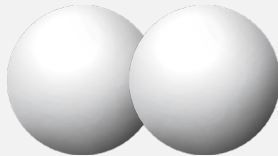


ABOUT THE SIZE OF A
CASSETTE TAPE



EGGS

2 LARGE EGGS



ABOUT THE SIZE OF A
PING PONG BALL EACH



BROCCOLI

1 CUP

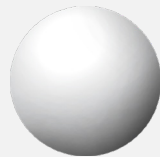


ABOUT THE SIZE OF
YOUR FIST



HUMMUS

2 TABLESPOONS

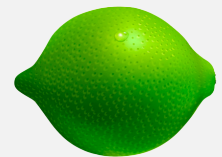


ABOUT THE SIZE OF A
PING PONG BALL



BROWN RICE

½ CUP COOKED

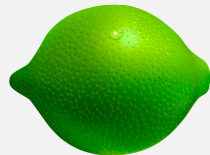


ABOUT THE SIZE OF
A LIME



COTTAGE CHEESE

½ CUP



ABOUT THE SIZE OF
A LIME



GRAPES

1 CUP

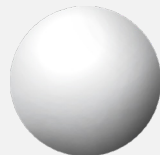


ABOUT THE SIZE OF
YOUR FIST



NUT BUTTER

2 TABLESPOONS



ABOUT THE SIZE OF A
PING PONG BALL



PASTA

½ CUP COOKED



ABOUT THE SIZE OF
A TENNIS BALL