

*****ALL PORTIONS CONTAIN APPROX. 7 GRAMS OF PROTEIN UNLESS OTHERWISE NOTED*****

LEGUMES AND LENTILS	PORTION
Beans, most types	1/2 cup
Chick peas	1/2 cup
Lentils	1/3 cup
Peas	1/2 cup
Soybeans	1/3 cup

GRAINS	PORTION
Amaranth flour (8 grams)	2 oz.
Barley	1/3 cup, dry
Bread, whole wheat or rye	3 slices
Buckwheat flour, dark	2/3 cup
Bulgur	1/3 cup, dry
Coucous	1/3 cup, dry
Cornmeal	3/4 cup
Egg noodles, cooked	1 cup
Gluten flour	1/4 cup
Millet	1/3 cup, dry
Oatmeal	2/3 cup, dry
Pasta, durum wheat, cooked	1 1/4 cup
Pasta, high protein, cooked	2/3 cup
Rice, all types	1/2 cup, dry
Rye flour	1/2 cup
Spelt flour	5 oz.
Triticale flour	1/2 cup
Wheat bran	3/4 cup
Wheat germ	1/4 cup
Whole wheat flour	1/2 cup

TEMPEH	PORTION
Lightlife Corn/Jalapena (17 grams)	4 oz.
3 Grain (12 grams)	4 oz.

SHELLED NUTS & SEEDS	PORTION
Almonds	2 oz.
Brazil nuts	2 oz.
Cashews	1 1/2 oz.
Chestnuts	4 oz.
Filberts	2 oz.
Hickory nuts	2 oz.
Peanuts, roasted	1/4 cup
Peanut butter	2 tbsp.
Pecans	3 oz.
Pignolas	2 tbsp.

Pistachios	1 1/2 oz.
Pumpkin seeds	1 oz.
Sesame seeds	1/4 cup
Sunflower seeds	3 tbsp
Walnuts, black	1 oz.
Walnuts, English	2 oz.

VEGETABLES	PORTION
Artichoke, cleaned	7 oz.
Asparagus, cleaned	7 oz.
Brussel sprouts	5 oz.
Broccoli	2 cups
Cauliflower	7 oz.
Collard greens, cooked	6 oz.
Corn, fresh or frozen	2 ears
Kale, cooked	6 oz.
Lima beans, baby	3 oz.
Mung bean sprouts	6 oz.
Mushrooms, cleaned	7 oz.
Mustard greens, cooked	7 oz.
Peas, green	4 oz.
Potatoes, whole	2 large
Soy bean sprouts	4 oz.
Spinach, cleaned	7 oz.
Turnip greens, cooked	7 oz.
Yams, whole	2

MEATS	PORTION
Beef, any cut, cooked	1 oz.
Lamb, any cut, cooked	1 oz.
Pork, any cut cooked	1 oz.
Organ meats, cooked	1 oz.
Poultry, any, cooked	1 oz.
Veal, any cut cooked	1 oz.
Deli meat (4" x 1/8")	1 slice
Frankfurter	1
Fish, fresh or frozen, cooked	1 oz.
Shellfish, fresh, cleaned	5
Canned seafood	1/4 cup
Sardines	1 oz.
Anchovies	1 oz.