

# FOOD LIST

<b>GREEN</b> (Vegetables) CONTAINER	<b>PURPLE</b> (Fruits) CONTAINER	<b>RED</b> (Proteins) CONTAINER	<b>YELLOW</b> (Carbohydrates) CONTAINER	<b>BLUE</b> (Hlthy Fats) CONTAINER	<b>ORANGE</b> (Seeds/ Dressings CONTAINER	<b>TEASPOON</b> (Oils & Nut Butters)
<ul style="list-style-type: none"> <li>• Kale</li> <li>• Watercress</li> <li>• Collard greens</li> <li>• Spinach</li> <li>• Brussels sprouts, chopped/5 medium</li> <li>• Broccoli, chopped</li> <li>• Asparagus, 10 large spears</li> <li>• Beets, 2 medium</li> <li>• Tomatoes, chopped, cherry, or 2 medium</li> <li>• Tomatillos, chopped or 3 medium</li> <li>• Pumpkin, chopped</li> <li>• Squash, sliced or cubed</li> <li>• String beans</li> <li>• Peppers, bell, sliced</li> <li>• Poblano chiles, chopped</li> <li>• Banana peppers, 3 medium</li> <li>• Carrots, sliced or 10 medium baby</li> <li>• Cauliflower, chopped</li> <li>• Artichokes, ½ large</li> <li>• Eggplant, ½ medium</li> <li>• Okra</li> <li>• Jicama, sliced</li> <li>• Snow peas</li> <li>• Cabbage, chopped</li> <li>• Cucumbers</li> <li>• Celery</li> <li>• Lettuce (NOT iceberg)</li> <li>• Mushrooms</li> <li>• Radishes</li> <li>• Onions, chopped</li> <li>• Sprouts</li> <li>• Bamboo shoots</li> <li>• Salsa, freshly made or Pico de Gallo, ½ cup</li> <li>• Vegetable broth, 2 cups</li> </ul>	<ul style="list-style-type: none"> <li>• Raspberries</li> <li>• Blueberries</li> <li>• Blackberries</li> <li>• Strawberries</li> <li>• Pomegranate, 1</li> <li>• Guava, 2 medium</li> <li>• Starfruit, 2 med.</li> <li>• Passion fruit, 3</li> <li>• Watermelon, chopped</li> <li>• Cantaloupe, chopped</li> <li>• Orange, 1 medium</li> <li>• Tangerine, 2 small</li> <li>• Apple, 1 small</li> <li>• Apricots, 4 small</li> <li>• Grapefruit, ½ large</li> <li>• Cherries</li> <li>• Grapes</li> <li>• Kiwifruit, 2 medium</li> <li>• Mango, sliced</li> <li>• Peach, 1 large</li> <li>• Plum, 2 small</li> <li>• Nectarine, 1 large</li> <li>• Pear, 1 large</li> <li>• Pineapple, diced</li> <li>• Banana, ½ large</li> <li>• Dwarf red banana, 1 extra small</li> <li>• Breadfruit, 1/8 sm</li> <li>• Papaya, chopped</li> <li>• Figs, 2 small</li> <li>• Honeydew melon</li> <li>• Pumpkin puree, 2/3 cup</li> <li>• Salsa, store bought</li> <li>• Tomato sauce, plain or marinara</li> <li>• Applesauce, unsweetened, ¾ cup</li> </ul>	<ul style="list-style-type: none"> <li>• Sardines (fresh or canned in water), 7 medium</li> <li>• Boneless, skinless chicken or turkey breast, cooked, chopped</li> <li>• Duck breast, cooked, chopped</li> <li>• Squab, cooked, chopped</li> <li>• Goat, cooked, chopped</li> <li>• Lean (≥ 93% lean) ground chicken or turkey, cooked</li> <li>• Fish, cooked, flaked</li> <li>• Game: (buffalo, bison, ostrich, venison, rabbit), cooked, chopped or ground</li> <li>• Eggs, whole, 2 large</li> <li>• Egg whites, 8 large</li> <li>• Greek yogurt, plain, 1%</li> <li>• Kefir, plain 2%, 1 cup</li> <li>• Yogurt, plain, 2%</li> <li>• Shellfish (shrimp, crab, lobster), cooked</li> <li>• Clams, canned, drained</li> <li>• Octopus, cooked, chopped</li> <li>• Squid, cooked, chopped</li> <li>• Red meat, extra-lean, cooked, chopped</li> <li>• Lean ground red meat (≥ 95% lean), cooked</li> <li>• Tempeh</li> <li>• Tofu, firm</li> <li>• Pork tenderloin, chopped, cooked</li> <li>• Tuna, canned light in water, drained</li> <li>• Turkey or ham slices, lean, 6 slices</li> <li>• Ricotta cheese, light</li> <li>• Cottage cheese, 2%</li> <li>• Protein powder (whey, hemp, rice, pea), 1½ scoops (approx. 42 g depending on variety)</li> <li>• Veggie burger, 1 medium patty</li> <li>• Turkey bacon, reduced-fat, 4 slices</li> <li>• Beef-based broth, 8 cups</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet potato, chopped</li> <li>• Yams, chopped</li> <li>• Plantains, sliced or ½ med</li> <li>• Quinoa, cooked</li> <li>• Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon [gandules], etc.), cooked, drained</li> <li>• Lentils, cooked, drained</li> <li>• Edamame, shelled</li> <li>• Cassava (yuca), 2 ounces</li> <li>• Peas</li> <li>• Refried beans, nonfat</li> <li>• Brown rice, cooked</li> <li>• Wild rice, cooked</li> <li>• Potato, mashed or ½ medium</li> <li>• Corn on the cob, 1 ear</li> <li>• Grains, cooked (Amaranth, Teff, Millet, Buckwheat, Barley, Bulgur, Farro, Kamut)</li> <li>• Oatmeal, steel-cut, cooked</li> <li>• Oatmeal, rolled, cooked</li> <li>• Hominy, cooked</li> <li>• Pasta, whole-grain, cooked</li> <li>• Couscous, whole wheat, cooked</li> <li>• Crackers, whole-grain, 8 small crackers</li> <li>• Cereal, whole-grain, low sugar</li> <li>• Bread, whole-grain, 1 slice</li> <li>• Pita bread, whole wheat, 1 small (4-inch)</li> <li>• Waffles, whole-grain, 1 waffle</li> <li>• Pancakes, whole-grain, 1 small (4-inch)</li> <li>• English muffin, whole-grain, ½ muffin</li> <li>• Bagel, whole-grain, ½ small (3-inch)</li> <li>• Tortilla, whole wheat, 1 small (6-inch)</li> <li>• Tortilla, corn, 2 small (6-inch)</li> <li>• Applesauce, sweetened, ¾ cup</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado, mashed or ¼ medium</li> <li>• 12 almonds, whole, raw</li> <li>• 8 cashews, whole, raw</li> <li>• 14 peanuts, whole, raw</li> <li>• 20 pistachios, whole, raw</li> <li>• 10 pecan halves, raw</li> <li>• 8 walnut halves, raw</li> <li>• Hummus</li> <li>• Coconut milk, canned</li> <li>• Cheese, crumbled or shredded (Feta, goat, mozzarella, cheddar, provolone, monterey jack, parmesan, cotija, oaxaca, queso)</li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin seeds, raw</li> <li>• Sunflower seeds, raw</li> <li>• Sesame seeds, raw</li> <li>• Flaxseed, ground</li> <li>• Chia seeds, 4 tsp</li> <li>• Pine Nuts</li> <li>• Olives, 10 medium</li> <li>• Coconut, shredded, unsweetened</li> </ul>	<ul style="list-style-type: none"> <li>• Extra-virgin olive oil</li> <li>• Extra-virgin coconut oil</li> <li>• Flaxseed oil</li> <li>• Walnut oil</li> <li>• Pumpkin seed oil</li> <li>• Sesame oil</li> <li>• Cacao Nibs</li> <li>• Nut butters (peanut, almond, cashew, etc.)</li> <li>• Seed butters (pumpkin, sunflower, sesame [tahini])</li> <li>• Butter</li> <li>• Mayo</li> </ul> <p style="text-align: center;"><b>FREE FOODS</b></p> <ul style="list-style-type: none"> <li>• Infused water</li> <li>• Lemon or lime juice</li> <li>• Vinegars</li> <li>• Mustard</li> <li>• Herbs</li> <li>• Spices (except salt)</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Green onion</li> <li>• Chile varieties (jalapenos, serrano, ancho, etc.)</li> <li>• Hot sauce (Tabasco or Mexican only. No sauces with added sugar)</li> <li>• Flavor extracts (pure vanilla, almond, etc.)</li> <li>• Achioté paste</li> </ul>

# VEGAN/VEGETARIAN FOOD LIST

<b>GREEN</b> (Vegetables) CONTAINER	<b>PURPLE</b> (Fruits) CONTAINER	<b>RED</b> (Proteins) CONTAINER	<b>YELLOW</b> (Carbohydrates) CONTAINER	<b>BLUE</b> (Hlthy Fats) CONTAINER	<b>ORANGE</b> (Seeds/ Dressings) CONTAINER	<b>TEASPOON</b> (Oils & Nut Butters)
<ul style="list-style-type: none"> <li>• Kale</li> <li>• Watercress</li> <li>• Collard greens</li> <li>• Spinach</li> <li>• Brussels sprouts, chopped/5 medium</li> <li>• Broccoli, chopped</li> <li>• Asparagus, 10 large spears</li> <li>• Beets, 2 medium</li> <li>• Tomatoes, chopped, cherry, or 2 medium</li> <li>• Tomatillos, chopped or 3 medium</li> <li>• Pumpkin, chopped</li> <li>• Squash, sliced or cubed</li> <li>• String beans</li> <li>• Peppers, bell, sliced</li> <li>• Poblano chiles, chopped</li> <li>• Banana peppers, 3 medium</li> <li>• Carrots, sliced or 10 medium baby</li> <li>• Cauliflower, chopped</li> <li>• Artichokes, ½ large</li> <li>• Eggplant, ½ medium</li> <li>• Okra</li> <li>• Jicama, sliced</li> <li>• Snow peas</li> <li>• Cabbage, chopped</li> <li>• Cucumbers</li> <li>• Celery</li> <li>• Lettuce (NOT iceberg)</li> <li>• Mushrooms</li> <li>• Radishes</li> <li>• Onions, chopped</li> <li>• Sprouts</li> <li>• Bamboo shoots</li> <li>• Salsa, freshly made or Pico de Gallo, ½ cup</li> <li>• Vegetable broth, 2 cups</li> </ul>	<ul style="list-style-type: none"> <li>• Raspberries</li> <li>• Blueberries</li> <li>• Blackberries</li> <li>• Strawberries</li> <li>• Pomegranate, 1</li> <li>• Guava, 2 medium</li> <li>• Starfruit, 2 med.</li> <li>• Passion fruit, 3</li> <li>• Watermelon, chopped</li> <li>• Cantaloupe, chopped</li> <li>• Orange, 1 medium</li> <li>• Tangerine, 2 small</li> <li>• Apple, 1 small</li> <li>• Apricots, 4 small</li> <li>• Grapefruit, ½ large</li> <li>• Cherries</li> <li>• Grapes</li> <li>• Kiwifruit, 2 medium</li> <li>• Mango, sliced</li> <li>• Peach, 1 large</li> <li>• Plum, 2 small</li> <li>• Nectarine, 1 large</li> <li>• Pear, 1 large</li> <li>• Pineapple, diced</li> <li>• Banana, ½ large</li> <li>• Dwarf red banana, 1 extra small</li> <li>• Breadfruit, 1/8 sm</li> <li>• Papaya, chopped</li> <li>• Figs, 2 small</li> <li>• Honeydew melon</li> <li>• Pumpkin puree, 2/3 cup</li> <li>• Salsa, store bought</li> <li>• Tomato sauce, plain or marinara</li> <li>• Applesauce, unsweetened, ¾ cup</li> </ul>	<ul style="list-style-type: none"> <li>• Tempeh</li> <li>• Tofu, firm</li> <li>• Protein powder (whey, hemp, rice, pea), 1½ scoops (approx. 42 g depending on variety)</li> <li>• Veggie burger, 1 medium patty</li> <li>• Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon [gandules], etc.), cooked, drained</li> <li>• Lentils, cooked, drained</li> <li>• Edamame, shelled</li> <li>• Peas</li> <li>• Refried beans, nonfat</li> <li>• Seitan</li> </ul> <p>Lavo-octo Vegetarian</p> <ul style="list-style-type: none"> <li>• Eggs, 2 large or egg whites, 8 large</li> </ul> <p>DAIRY – Vegetarian, not Vegan</p> <ul style="list-style-type: none"> <li>• Greek yogurt, plain, 1%</li> <li>• Kefir, plain 2%, 1 cup</li> <li>• Yogurt, plain, 2%</li> <li>• Ricotta cheese, light</li> <li>• Cottage cheese, 2%</li> </ul>	<p>WHOLE GRAINS</p> <ul style="list-style-type: none"> <li>• Quinoa*, cooked</li> <li>• Grains, cooked (Amaranth*, Teff*, Millet, Buckwheat, Barley, Bulgur, Farro, Kamut)</li> <li>• Rice (Brown, Black, or Wild), cooked</li> <li>• Corn on the cob, 1 ear</li> <li>• Oatmeal, steel-cut, cooked</li> <li>• Oatmeal, rolled, cooked</li> <li>• Hominy, cooked</li> </ul> <p>*Indicates a complete protein source</p> <p>STARCHES</p> <ul style="list-style-type: none"> <li>• Sweet potato, chopped or ½ small</li> <li>• Yams, chopped or ½ small</li> <li>• Plantains, sliced or ½ med</li> <li>• Cassava (yuca), 2 ounces</li> <li>• Potato, mashed or ½ small</li> <li>• Pasta, whole-grain, cooked</li> <li>• Couscous, whole wheat, cooked</li> <li>• Crackers, whole-grain, 8 small crackers</li> <li>• Cereal, whole-grain, low sugar</li> <li>• Bread, whole-grain, 1 slice</li> <li>• Pita bread, whole wheat, 1 small (4-inch)</li> <li>• Waffles, whole-grain, 1 waffle</li> <li>• Pancakes, whole-grain, 1 small (4-inch)</li> <li>• English muffin, whole-grain, ½ muffin</li> <li>• Bagel, whole-grain, ½ small (3-inch)</li> <li>• Tortilla, whole wheat, 1 small (6-inch)</li> <li>• Tortilla, corn, 2 small (6-inch)</li> <li>• Masa flour or cornmeal, ¼ cup</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado, mashed or ¼ medium</li> <li>• 12 almonds, whole, raw</li> <li>• 8 cashews, whole, raw</li> <li>• 14 peanuts, whole, raw</li> <li>• 20 pistachios, whole, raw</li> <li>• 10 pecan halves, raw</li> <li>• 8 walnut halves, raw</li> <li>• Hummus</li> <li>• Coconut milk, canned</li> </ul> <p>DAIRY (Non-Vegan)</p> <ul style="list-style-type: none"> <li>• Cheese, crumbled or shredded (Feta, goat, mozzarella, cheddar, provolone, monterey jack, parmesan, cotija, oaxaca, queso)</li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin seeds, raw</li> <li>• Sunflower seeds, raw</li> <li>• Sesame seeds, raw</li> <li>• Flaxseed, ground</li> <li>• Chia seeds, 4 tsp</li> <li>• Pine Nuts</li> <li>• Olives, 10 medium</li> <li>• Coconut, shredded, unsweetened</li> </ul>	<ul style="list-style-type: none"> <li>• Extra-virgin olive oil</li> <li>• Extra-virgin coconut oil</li> <li>• Flaxseed oil</li> <li>• Walnut oil</li> <li>• Pumpkin seed oil</li> <li>• Sesame oil</li> <li>• Cacao Nibs</li> <li>• Nut butters (peanut, almond, cashew, etc.)</li> <li>• Seed butters (pumpkin, sunflower, sesame [tahini])</li> <li>• Vegan Mayo</li> </ul> <p>DAIRY (Non-Vegan)</p> <ul style="list-style-type: none"> <li>• Butter</li> </ul> <hr/> <p><b>FREE FOODS</b></p> <ul style="list-style-type: none"> <li>• Infused water</li> <li>• Lemon or lime juice</li> <li>• Vinegars</li> <li>• Mustard</li> <li>• Herbs</li> <li>• Spices (except salt)</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Green onion</li> <li>• Chile varieties (jalapenos, serrano, ancho, etc.)</li> <li>• Hot sauce (Tabasco or Mexican only. No sauces with added sugar)</li> <li>• Flavor extracts (pure vanilla, almond, etc.)</li> <li>• Achioté paste</li> </ul>

# Healthy Nutritional Portions - January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	V	Ft	V	Ft	V	Ft
	Fr	S	Fr	S	Fr	S
	P	O	P	O	P	O
	C		C		C	
7	8	9	10	11	12	13
V	Ft	V	Ft	V	Ft	V
Fr	S	Fr	S	Fr	S	Fr
P	O	P	O	P	O	P
C		C		C		C
14	15	16	17	18	19	20
V	Ft	V	Ft	V	Ft	V
Fr	S	Fr	S	Fr	S	Fr
P	O	P	O	P	O	P
C		C		C		C
21	22	23	24	25	26	27
V	Ft	V	Ft	V	Ft	V
Fr	S	Fr	S	Fr	S	Fr
P	O	P	O	P	O	P
C		C		C		C
28	29	30	31			
V	Ft	V	Ft	V	Ft	V
Fr	S	Fr	S	Fr	S	Fr
P	O	P	O	P	O	P
C		C		C		C

Calculate calorie bracket:  
 1. Current weight in pounds x 11 = Calorie Baseline  
 2. Baseline + workout calorie expenditure = Caloric Need  
 3. Caloric Need - 500 = Calorie Goal for weight loss  
 Caloric Need + 500 = Caloric Goal for weight gain  
 Caloric Need = Target calories for maintenance

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¼ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

- Daily servings per calorie bracket:**
- 1200-1499 calories**  
3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils
  - 1500-1799 calories**  
4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils
  - 1800-2099 calories**  
5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils
  - 2100-2300 calories**  
6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
				1	2	3			
				V	Ft	V	Ft	V	Ft
				Fr	S	Fr	S	Fr	S
				P	O	P	O	P	O
				C		C		C	
4	5	6	7	8	9	10			
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O
C		C		C		C		C	
11	12	13	14	15	16	17			
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O
C		C		C		C		C	
18	19	20	21	22	23	24			
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O
C		C		C		C		C	
25	26	27	28	<p>Calculate calorie bracket:                      1. Current weight in pounds x 11 = Calorie Baseline                      2. Baseline + workout calorie expenditure = Caloric Need                      3. Caloric Need - 500 = Calorie Goal for weight loss                      Caloric Need + 500 = Caloric Goal for weight gain                      Caloric Need = Target calories for maintenance</p>					
V	Ft	V	Ft						
Fr	S	Fr	S						
P	O	P	O						
C		C							

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¼ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

## Daily servings per calorie bracket:

### 1200-1499 calories

3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils

### 1500-1799 calories

4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils

### 1800-2099 calories








5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils

### 2100-2300 calories

6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat							
<b>Calculate calorie bracket:</b> 1. Current weight in pounds x 11 = Calorie Baseline 2. Baseline + workout calorie expenditure = Caloric Need 3. Caloric Need - 500 = Calorie Goal for weight loss Caloric Need + 500 = Caloric Goal for weight gain Caloric Need = Target calories for maintenance					1	2	3						
				V	Ft	V	Ft	V	Ft				
				Fr	S	Fr	S	Fr	S				
				P	O	P	O	P	O				
				C		C		C					
4		5		6		7		8		9		10	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
11		12		13		14		15		16		17	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
18		19		20		21		22		23		24	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
25		26		27		28		29		30		31	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	

	Vegetables – 1 cup or 8 oz
	Fruit – 1 cup of 8 oz
	Proteins – ¼ cup or 6 oz
	Carbohydrates – ½ cup or 4 oz
	Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
	Seeds and Dressing – 2 TBL or 1 oz
	Oils – tsp. Includes all oils, nut or seed butters

## Daily servings per calorie bracket:

### 1200-1499 calories

3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils

### 1500-1799 calories

4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils

### 1800-2099 calories

5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils

### 2100-2300 calories

6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - April 2018

Sun		Mon		Tue		Wed		Thu		Fri		Sat	
1		2		3		4		5		6		7	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
8		9		10		11		12		13		14	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
15		16		17		18		19		20		21	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
22		23		24		25		26		27		28	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
29		30											
V	Ft	V	Ft										
Fr	S	Fr	S										
P	O	P	O										
C		C											

Calculate calorie bracket:  
 1. Current weight in pounds x 11 = Calorie Baseline  
 2. Baseline + workout calorie expenditure = Caloric Need  
 3. Caloric Need - 500 = Calorie Goal for weight loss  
 Caloric Need + 500 = Caloric Goal for weight gain  
 Caloric Need = Target calories for maintenance

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¼ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

- Daily servings per calorie bracket:**
- 1200-1499 calories**  
3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils
  - 1500-1799 calories**  
4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils
  - 1800-2099 calories**  
5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils
  - 2100-2300 calories**  
6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat					
		1	2	3	4	5					
		V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
		Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
		P	O	P	O	P	O	P	O	P	O
		C		C		C		C		C	
6	7	8	9	10	11	12					
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C	
13	14	15	16	17	18	19					
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C	
20	21	22	23	24	25	26					
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C	
27	28	29	30	31							
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft		
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S		
P	O	P	O	P	O	P	O	P	O		
C		C		C		C		C			

Calculate calorie bracket:  
 1. Current weight x 11 = Calorie Baseline  
 2. Baseline+exercise calories=Caloric Need  
 3. Caloric Need -500=Wt Loss Calorie Goal  
 Caloric Need +500=Wt Gain Calorie Goal  
 Caloric Need =Maintenance Calorie Goal

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¼ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

- Daily servings per calorie bracket:**
- 1200-1499 calories**  
3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils
  - 1500-1799 calories**  
4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils
  - 1800-2099 calories**  
5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils
  - 2100-2300 calories**  
6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - June 2018

Sun		Mon		Tue		Wed		Thu		Fri		Sat					
<b>Calculate calorie bracket:</b> 1. Current weight in pounds x 11 = Calorie Baseline 2. Baseline + workout calorie expenditure = Caloric Need 3. Caloric Need - 500 = Calorie Goal for weight loss Caloric Need + 500 = Caloric Goal for weight gain Caloric Need = Target calories for maintenance										1		2					
						V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
						Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
						P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C					
3		4		5		6		7		8		9					
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft				
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S				
P	O	P	O	P	O	P	O	P	O	P	O	P	O				
C		C		C		C		C		C		C					
10		11		12		13		14		15		16					
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft				
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S				
P	O	P	O	P	O	P	O	P	O	P	O	P	O				
C		C		C		C		C		C		C					
17		18		19		20		21		22		23					
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft				
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S				
P	O	P	O	P	O	P	O	P	O	P	O	P	O				
C		C		C		C		C		C		C					
24		25		26		27		28		29		30					
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft				
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S				
P	O	P	O	P	O	P	O	P	O	P	O	P	O				
C		C		C		C		C		C		C					

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¼ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

### Daily servings per calorie bracket:

#### 1200-1499 calories

3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils

#### 1500-1799 calories

4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils

#### 1800-2099 calories

5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils

#### 2100-2300 calories

6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils



# Healthy Nutritional Portions - July 2018

Sun		Mon		Tue		Wed		Thu		Fri		Sat	
1		2		3		4		5		6		7	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
8		9		10		11		12		13		14	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
15		16		17		18		19		20		21	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
22		23		24		25		26		27		28	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
29		30		31									
V	Ft	V	Ft	V	Ft								
Fr	S	Fr	S	Fr	S								
P	O	P	O	P	O								
C		C		C									

Calculate calorie bracket:  
 1. Current weight in pounds x 11 = Calorie Baseline  
 2. Baseline + workout calorie expenditure = Caloric Need  
 3. Caloric Need - 500 = Calorie Goal for weight loss  
 Caloric Need + 500 = Caloric Goal for weight gain  
 Caloric Need = Target calories for maintenance

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¼ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

- Daily servings per calorie bracket:**
- 1200-1499 calories**  
3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils
  - 1500-1799 calories**  
4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils
  - 1800-2099 calories**  
5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils
  - 2100-2300 calories**  
6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat							
<b>Calculate calorie bracket:</b> 1. Current weight in pounds x 11 = Calorie Baseline 2. Baseline + workout calorie expenditure = Caloric Need 3. Caloric Need - 500 = Calorie Goal for weight loss Caloric Need + 500 = Caloric Goal for weight gain Caloric Need = Target calories for maintenance			1	2	3	4							
5		6		7		8		9		10		11	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
12		13		14		15		16		17		18	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
19		20		21		22		23		24		25	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
26		27		28		29		30		31			
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft		
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S		
P	O	P	O	P	O	P	O	P	O	P	O		
C		C		C		C		C		C			

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¼ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

## Daily servings per calorie bracket:

### 1200-1499 calories

3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils

### 1500-1799 calories

4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils

### 1800-2099 calories

5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils

### 2100-2300 calories

6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - September 2018

Sun		Mon		Tue		Wed		Thu		Fri		Sat	
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><span style="color: green;">■</span> Vegetables – 1 cup or 8 oz</p> <p><span style="color: purple;">■</span> Fruit – 1 cup of 8 oz</p> <p><span style="color: red;">■</span> Proteins – ¼ cup or 6 oz</p> <p><span style="color: yellow;">■</span> Carbohydrates – ½ cup or 4 oz</p> </div> <div style="width: 45%;"> <p><span style="color: blue;">■</span> Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)</p> <p><span style="color: orange;">■</span> Seeds and Dressing – 2 TBL or 1 oz</p> <p> Oils – tsp. Includes all oils, nut or seed butters</p> </div> </div>												<b>1</b>	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>	
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	
<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>	
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>	
<b>30</b>													

**Daily servings per calorie bracket:**

<b>1200-1499 calories</b>	3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils
<b>1500-1799 calories</b>	4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils
<b>1800-2099 calories</b>	5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils
<b>2100-2300 calories</b>	6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

**Calculate calorie bracket:**

- Current weight in pounds x 11 = Calorie Baseline
- Baseline + workout calorie expenditure = Caloric Need
- Caloric Need - 500 = Calorie Goal for weight loss
- Caloric Need + 500 = Caloric Goal for weight gain
- Caloric Need = Target calories for maintenance

# Healthy Nutritional Portions - October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	V	Ft	V	Ft	V	Ft
	Fr	S	Fr	S	Fr	S
	P	O	P	O	P	O
	C		C		C	
7	8	9	10	11	12	13
V	Ft	V	Ft	V	Ft	V
Fr	S	Fr	S	Fr	S	Fr
P	O	P	O	P	O	P
C		C		C		C
14	15	16	17	18	19	20
V	Ft	V	Ft	V	Ft	V
Fr	S	Fr	S	Fr	S	Fr
P	O	P	O	P	O	P
C		C		C		C
21	22	23	24	25	26	27
V	Ft	V	Ft	V	Ft	V
Fr	S	Fr	S	Fr	S	Fr
P	O	P	O	P	O	P
C		C		C		C
28	29	30	31	<p>Calculate calorie bracket:                      1. Current weight in pounds x 11 = Calorie Baseline                      2. Baseline + workout calorie expenditure = Caloric Need                      3. Caloric Need - 500 = Calorie Goal for weight loss                      Caloric Need + 500 = Caloric Goal for weight gain                      Caloric Need = Target calories for maintenance</p>		
V	Ft	V	Ft			
Fr	S	Fr	S			
P	O	P	O			
C		C				

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¾ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

## Daily servings per calorie bracket:

### 1200-1499 calories

3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils

### 1500-1799 calories

4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils

### 1800-2099 calories

5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils

### 2100-2300 calories

6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - November 2018

Sun		Mon		Tue		Wed		Thu		Fri		Sat	
<b>Calculate calorie bracket:</b> 1. Current weight in pounds x 11 = Calorie Baseline 2. Baseline + workout calorie expenditure = Caloric Need 3. Caloric Need - 500 = Calorie Goal for weight loss Caloric Need + 500 = Caloric Goal for weight gain Caloric Need = Target calories for maintenance								1		2		3	
								V	Ft	V	Ft	V	Ft
								Fr	S	Fr	S	Fr	S
								P	O	P	O	P	O
								C		C		C	
4		5		6		7		8		9		10	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
11		12		13		14		15		16		17	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
18		19		20		21		22		23		24	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
25		26		27		28		29		30			
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft		
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S		
P	O	P	O	P	O	P	O	P	O	P	O		
C		C		C		C		C		C			

- Vegetables – 1 cup or 8 oz
- Fruit – 1 cup of 8 oz
- Proteins – ¾ cup or 6 oz
- Carbohydrates – ½ cup or 4 oz
- Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)
- Seeds and Dressing – 2 TBL or 1 oz
- Oils – tsp. Includes all oils, nut or seed butters

## Daily servings per calorie bracket:

### 1200-1499 calories

3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils

### 1500-1799 calories

4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils

### 1800-2099 calories

5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils

### 2100-2300 calories

6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils

# Healthy Nutritional Portions - December 2018

Sun		Mon		Tue		Wed		Thu		Fri		Sat	
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><span style="color: green;">■</span> Vegetables – 1 cup or 8 oz</p> <p><span style="color: magenta;">■</span> Fruit – 1 cup of 8 oz</p> <p><span style="color: red;">■</span> Proteins – ¼ cup or 6 oz</p> <p><span style="color: yellow;">■</span> Carbohydrates – ½ cup or 4 oz</p> </div> <div style="width: 45%;"> <p><span style="color: blue;">■</span> Healthy Fats – 1/3 cup or 2.5 oz (Including: avocado, nuts, cheese)</p> <p><span style="color: orange;">■</span> Seeds and Dressing – 2 TBL or 1 oz</p> <p> Oils – tsp. Includes all oils, nut or seed butters</p> </div> </div>												<b>1</b>	
V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft	V	Ft
Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S	Fr	S
P	O	P	O	P	O	P	O	P	O	P	O	P	O
C		C		C		C		C		C		C	
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>	
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	
<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>	
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>	
<b>30</b>		<b>31</b>											

**Calculate calorie bracket:**

- Current weight in pounds x 11 = Calorie Baseline
- Baseline + workout calorie expenditure = Caloric Need
- Caloric Need - 500 = Calorie Goal for weight loss  
Caloric Need + 500 = Caloric Goal for weight gain  
Caloric Need = Target calories for maintenance

**Daily servings per calorie bracket:**

**1200-1499 calories**  
3 Veg 2 Fruit 4 Protein 2 Carb 1 Fats 1 Seeds 2 tsp oils

**1500-1799 calories**  
4 Veg 3 Fruit 4 Protein 3 Carb 1 Fats 1 Seeds 4 tsp oils

**1800-2099 calories**  
5 Veg 3 Fruit 5 Protein 4 Carb 1 Fats 1 Seeds 5 tsp oils

**2100-2300 calories**  
6 Veg 4 Fruit 6 Protein 4 Carb 1 Fats 1 Seeds 6 tsp oils