creative™
BIOSCIENCE

Diet Chart

		M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su
Weight															
Waist Measurement															
Hip Measurement															
Thigh Measurement															
Arm Measurement															
(Food Category – Portion Size – Calories per Portion)															
Protein (3.5 oz. per portion) 50% of total daily calories															
Egg Whites (6 total)	100 calories														
Chicken Breast	110 calories														
Turkey Breast	115 calories														
Extra Lean Ground Beef (95% lean)	135 calories														
Eye of Round	180 calories														
Flank Steak	165 calories														
Top Sirloin	190 calories														
Bison (Buffalo)	110 calories														
Venison (Deer)	120 calories														
Tuna Fish (canned in water)	80 calories														
Lobster (steak)	95 calories														
Crab	85 calories														
Shrimp	110 calories														
Scallops	95 calories														
Orange Roughy	75 calories														
Cod	85 calories														
Flounder, Sole	90 calories														
Sea Bass, Tilapia	100 calories														
Halibut, Mahi-Mahi	110 calories														
Vegetarian Protein (3.5 oz. per portion)															
Tofu (firm or extra firm)	75-100 calories														
Tofu “Miracle” Noodles	20 calories														

		M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su
Weight															
Waist Measurement															
Hip Measurement															
Thigh Measurement															
Arm Measurement															
Dairy Protein (various portion sizes)															
Skim Milk – 1 Cup (8 oz.)	90 calories														
Yogurt (plain, non-fat) – ¾ Cup (6 oz.)	103 calories														
Cottage Cheese (plain, non-fat) – ¾ Cup (6 oz.)	100 calories														
Vegetables (1 Cup portion)															
Lettuce (any variety)	10 calories														
Cucumbers	20 calories														
Tomatoes	35 calories														
Celery	20 calories														
Onions	65 calories														
Spinach	10 calories														
Chard	10 calories														
Fennel	30 calories														
Red Radishes	20 calories														
Asparagus	30 calories														
Cabbage	25 calories														
Chicory	40 calories														
Beet Greens	10 calories														
Fruit (various portion sizes)															
Apple (1 medium)	95 calories														
Orange (1 medium)	85 calories														
Grapefruit (1/2 cup of sections)	50 calories														
Strawberries (1 cup of slices)	50 calories														
Blueberries (1/2 cup)	40 calories														
Starches (1 piece portion size)															
Melba Toast (1 cracker)	15 calories														
Grissini Breadstick (1 breadstick)	15 calories														
Ak-Mak Crackers (1 separated piece)	20 calories														
Wasa “Lite” Crackers (1 piece – variety)	25-45 calories														