



VEGETABLE (RAW) PORTION CONVERTER

(CALORIES, MACROS, WEIGHT, HAND)



Food (veg) One portion	Calories	Macro 0-15g	Weight 0-170g (1cup)	Hand 1 fist
Asparagus	27	5g	133g	1 fist
Beets	58	13g	133g	1 fist
Broccoli	30	6g	87g	1 fist
Brussels sprouts	38	8g	87g	1 fist
Cabbage	24	6g	100g	1 fist
Carrots	52	12g	127	1 fist
Cauliflower	27	6g	107g	1 fist
Cucumber	16	4g	104g	1 fist
Eggplant	40	10g	170g	1 fist
Green beans	31	7g	100g	1 fist
Kales	33	7g	68g	1 fist
Lettuce	17	3g	100g	1 fist
Mushrooms	22	3g	100g	1 fist
Onions/leek	42	10g	100g	1 fist
Peppers	27	6g	100g	1 fist
Radish	16	4g	100g	1 fist
Spinach	23	4g	100g	1 fist
Tomato	18	4g	100g	1 fist
Zucchini	17	4g	100g	1 fist



PROTEIN PORTION CONVERTER

(CALORIES, MACROS, WEIGHT, HAND)



Food (protein) One portion	Calories	Macro 20-30g	Weight 85-115g	Hand 1 palm
Bison	122	20g	100g	1 palm
Chicken breast	110	23g	100g	1 palm
Chicken Thigh	119	20g	100g	1 palm
Cottage cheese (2%)	203	31g	225g	1 palm
Egg	140	12g	2 eggs	1 palm
Ground beef (93/7)	152	21g	100g	1 palm
Ground lamb	238	18g	100g	1 palm
Plain greek yogurt (2%)	160	23g	225g	1 palm
Pork chop	117	22g	100g	1 palm
Protein powder (Whey)	130	23g	31g	1 palm
Turkey (93/7)	150	19g	100g	1 palm
Turkey (deli slices)	150	27g	51g	1 palm
Wild game	122	22g	100g	1 palm
Plant Based Proteins				
Tofu (v)	145	16g	100g	1 palm
Pea protein powder (v)	120	20g	33g	1 palm
Vegan protein powder (v)	160	20g	33g	1 palm
Seitan (v)	106	21g	100g	1 palm
Tempeh (v)	193	19g	100g	1 palm



FATS

PORTION CONVERTER

(CALORIES, MACROS, WEIGHT, HAND)



Food (fats) One portion	Calories	Macro 7-12g	Weight 14g	Hand 1 thumb
Almonds	82	7g	14g	1 thumb
Avocado	80	8g	50g	1 thumb
Avocado oil	62	7g	7g	1 thumb
Butter	72	8g	10g	1 thumb
Cashews	78	6g	14g	1 thumb
Cheese	100	8g	25g	1 thumb
Coconut oil	59	7g	7g	1 thumb
Macadamia oil	65	7g	7g	1 thumb
Nut butter	100	9g	16g	1 thumb
Olive oil	120	12g	14g	1 thumb
Olives	72	8g	50g	1 thumb
Peanuts	80	7g	14g	1 thumb
Pecans	104	10g	14g	1 thumb
Pistacio	83	7g	14g	1 thumb
Pumpkin seed	74	6g	14g	1 thumb
Walnut oil	120	13g	14g	1 thumb
Walnuts	84	8g	14g	1 thumb



CARBOHYDRATES

PORTION CONVERTER

(CALORIES, MACROS, WEIGHT, HAND)



Food (carbs) One portion	Calories	Macro 20-30g	Weight 100-130g	Hand 1 cupped handful
Apple	93	25g	178g	1 medium
Banana (w/o skin)	105	27g	120g	1 medium
Beans (cooked)	132	24g	100g	1 cupped handful
Blueberries	84	21g	144g	1 cupped handful
Bread (sprouted, whole grain)	140	22g	50g	2 slices in 1 serving
Couscous	112	23g	100g	1 cupped handful
Kiwi	42	10g	68g	2 = 1 serving
Melon	102	26g	300g	1 cupped handful
Oats (steel cut, old fashioned)	153	27g	41g (1/2 cup)	1 cupped handful
Orange	62	15g	130g	1 medium
Pear	103	28g	178g	1 medium
Plantains	152	37g	100g	1 medium
Potato	115	26g	150g	1 medium
Quinoa (cooked)	120	21g	100g	1 cupped handful
Raspberries	104	24g	200g	1 cupped handful
Rice (wild, white, brown)	105	23g	79g (1/2 cup)	1 cupped handful
Sweet potato	100	23g	141g	1 medium
Strawberries	96	23g	300g	1 cupped handful