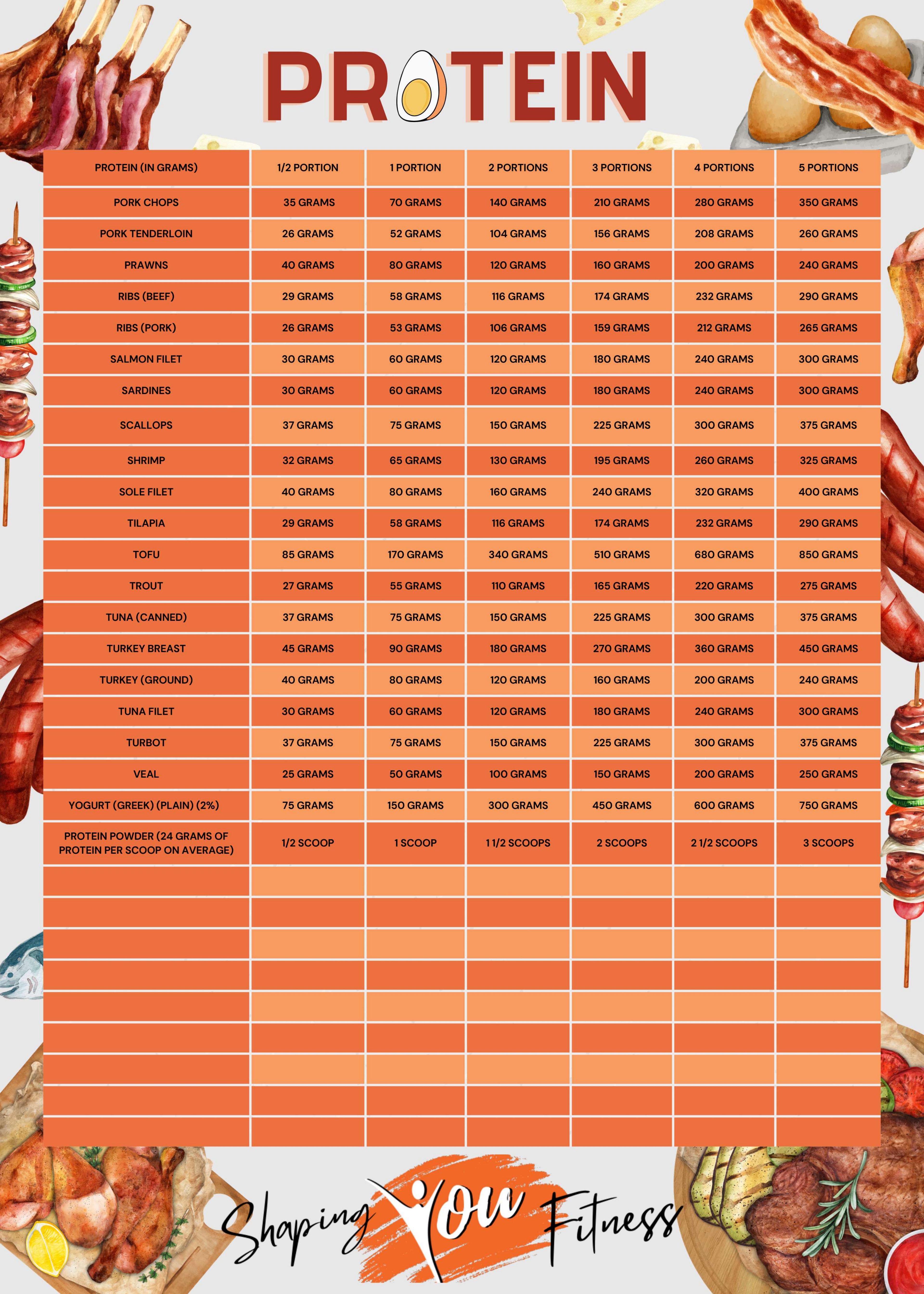


PROTEIN

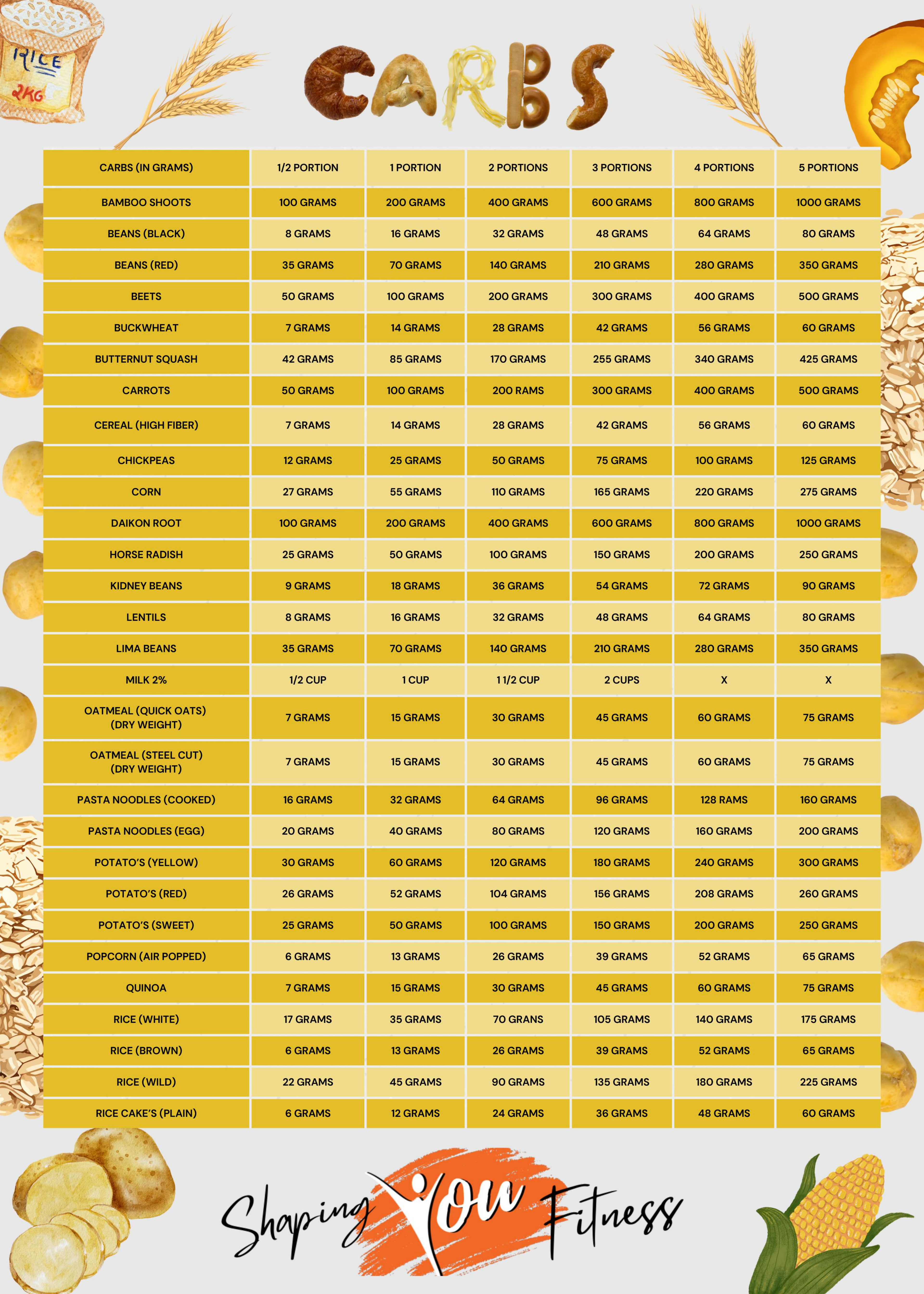
PROTEIN (IN GRAMS)	1/2 PORTION	1 PORTION	2 PORTIONS	3 PORTIONS	4 PORTIONS	5 PORTIONS
ANCHOVIES	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
BEEF (EXTRA LEAN & XLEAN CUTS)	26 GRAMS	52 GRAMS	104 GRAMS	156 GRAMS	208 GRAMS	260 GRAMS
BEEF (LEAN GROUND & LEAN CUTS)	22 GRAMS	43 GRAMS	86 GRAMS	129 GRAMS	173 GRAMS	215 GRAMS
BISON STEAK	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
BONE BROTH	167 GRAMS	325 GRAMS	650 GRAMS	975 GRAMS	1300 GRAMS	1625 GRAMS
CHICKEN BREAST	25 GRAMS	50 GRAMS	100 GRAMS	150 GRAMS	200 GRAMS	250 GRAMS
CHICKEN (GROUND)	42 GRAMS	85 GRAMS	170 GRAMS	255 GRAMS	340 GRAMS	425 GRAMS
CHICKEN LEGS	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
CHICKEN WINGS (BAKED) (NOT BREADED)	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
CLAMS (RAW)	50 GRAMS	100 GRAMS	200 GRAMS	300 GRAMS	400 GRAMS	500 GRAMS
COD	50 GRAMS	100 GRAMS	200 GRAMS	300 GRAMS	400 GRAMS	500 GRAMS
COTTAGE CHEESE	65 GRAMS	130 GRAMS	260 GRAMS	390 GRAMS	520 GRAMS	650 GRAMS
CRAB	42 GRAMS	85 GRAMS	170 GRAMS	255 GRAMS	340 GRAMS	425 GRAMS
DEER STEAK	25 GRAMS	50 GRAMS	100 GRAMS	150 GRAMS	200 GRAMS	250 GRAMS
DUCK BREAST	32 GRAMS	65 GRAMS	130 GRAMS	195 GAMS	260 GRAMS	325 GRAMS
EGG WHITES	70 GRAMS	140 GRAMS	280 GRAMS	420 GRAMS	560 GRAMS	700 GRAMS
FILET MIGNION	25 GRAMS	50 GRAMS	100 GRAMS	150 GRAMS	200 GRAMS	250 GRAMS
GROUPE FISH	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
HADDOCK FISH	30 GRAMS	60 GAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
HALIBUT	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
HAM (LEAN CUTS ONLY)	45 GRAMS	90 GRAMS	180 GRAMS	270 GRAMS	360 GRAMS	450 GRAMS
HERRING	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
LAMB	45 GRAMS	90 GRAMS	180 GRAMS	270 GRAMS	360 GRAMS	450 GRAMS
LIVER (BEEF)	37 GRAMS	75 GRAMS	150 GRAMS	225 GRAMS	300 GRAMS	375 GRAMS
LOBSTER	27 GRAMS	55 GRAMS	110 GRAMS	165 GRAMS	220 GRAMS	275 GRAMS
MUSSELS	65 GRAMS	130 GRAMS	260 GRAMS	390 GRAMS	520 GRAMS	650 GREAMS
OYSTERS	42 GRAMS	85 GRAMS	170 GRAMS	255 GRAMS	340 GRAMS	425 GRAMS
PIKE	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
POLLOCK	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
PORK	42 GRAMS	85 GRAMS	170 GRAMS	255 GRAMS	340 GRAMS	425 GRAMS

Shaping  Fitness



PROTEIN

PROTEIN (IN GRAMS)	1/2 PORTION	1 PORTION	2 PORTIONS	3 PORTIONS	4 PORTIONS	5 PORTIONS
PORK CHOPS	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
PORK TENDERLOIN	26 GRAMS	52 GRAMS	104 GRAMS	156 GRAMS	208 GRAMS	260 GRAMS
PRAWNS	40 GRAMS	80 GRAMS	120 GRAMS	160 GRAMS	200 GRAMS	240 GRAMS
RIBS (BEEF)	29 GRAMS	58 GRAMS	116 GRAMS	174 GRAMS	232 GRAMS	290 GRAMS
RIBS (PORK)	26 GRAMS	53 GRAMS	106 GRAMS	159 GRAMS	212 GRAMS	265 GRAMS
SALMON FILET	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
SARDINES	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
SCALLOPS	37 GRAMS	75 GRAMS	150 GRAMS	225 GRAMS	300 GRAMS	375 GRAMS
SHRIMP	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
SOLE FILET	40 GRAMS	80 GRAMS	160 GRAMS	240 GRAMS	320 GRAMS	400 GRAMS
TILAPIA	29 GRAMS	58 GRAMS	116 GRAMS	174 GRAMS	232 GRAMS	290 GRAMS
TOFU	85 GRAMS	170 GRAMS	340 GRAMS	510 GRAMS	680 GRAMS	850 GRAMS
TROUT	27 GRAMS	55 GRAMS	110 GRAMS	165 GRAMS	220 GRAMS	275 GRAMS
TUNA (CANNED)	37 GRAMS	75 GRAMS	150 GRAMS	225 GRAMS	300 GRAMS	375 GRAMS
TURKEY BREAST	45 GRAMS	90 GRAMS	180 GRAMS	270 GRAMS	360 GRAMS	450 GRAMS
TURKEY (GROUND)	40 GRAMS	80 GRAMS	120 GRAMS	160 GRAMS	200 GRAMS	240 GRAMS
TUNA FILET	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
TURBOT	37 GRAMS	75 GRAMS	150 GRAMS	225 GRAMS	300 GRAMS	375 GRAMS
VEAL	25 GRAMS	50 GRAMS	100 GRAMS	150 GRAMS	200 GRAMS	250 GRAMS
YOGURT (GREEK) (PLAIN) (2%)	75 GRAMS	150 GRAMS	300 GRAMS	450 GRAMS	600 GRAMS	750 GRAMS
PROTEIN POWDER (24 GRAMS OF PROTEIN PER SCOOP ON AVERAGE)	1/2 SCOOP	1 SCOOP	1 1/2 SCOOPS	2 SCOOPS	2 1/2 SCOOPS	3 SCOOPS



CARBS (IN GRAMS)	1/2 PORTION	1 PORTION	2 PORTIONS	3 PORTIONS	4 PORTIONS	5 PORTIONS
BAMBOO SHOOTS	100 GRAMS	200 GRAMS	400 GRAMS	600 GRAMS	800 GRAMS	1000 GRAMS
BEANS (BLACK)	8 GRAMS	16 GRAMS	32 GRAMS	48 GRAMS	64 GRAMS	80 GRAMS
BEANS (RED)	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
BEETS	50 GRAMS	100 GRAMS	200 GRAMS	300 GRAMS	400 GRAMS	500 GRAMS
BUCKWHEAT	7 GRAMS	14 GRAMS	28 GRAMS	42 GRAMS	56 GRAMS	60 GRAMS
BUTTERNUT SQUASH	42 GRAMS	85 GRAMS	170 GRAMS	255 GRAMS	340 GRAMS	425 GRAMS
CARROTS	50 GRAMS	100 GRAMS	200 RAMS	300 GRAMS	400 GRAMS	500 GRAMS
CEREAL (HIGH FIBER)	7 GRAMS	14 GRAMS	28 GRAMS	42 GRAMS	56 GRAMS	60 GRAMS
CHICKPEAS	12 GRAMS	25 GRAMS	50 GRAMS	75 GRAMS	100 GRAMS	125 GRAMS
CORN	27 GRAMS	55 GRAMS	110 GRAMS	165 GRAMS	220 GRAMS	275 GRAMS
DAIKON ROOT	100 GRAMS	200 GRAMS	400 GRAMS	600 GRAMS	800 GRAMS	1000 GRAMS
HORSE RADISH	25 GRAMS	50 GRAMS	100 GRAMS	150 GRAMS	200 GRAMS	250 GRAMS
KIDNEY BEANS	9 GRAMS	18 GRAMS	36 GRAMS	54 GRAMS	72 GRAMS	90 GRAMS
LENTILS	8 GRAMS	16 GRAMS	32 GRAMS	48 GRAMS	64 GRAMS	80 GRAMS
LIMA BEANS	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
MILK 2%	1/2 CUP	1 CUP	1 1/2 CUP	2 CUPS	X	X
OATMEAL (QUICK OATS) (DRY WEIGHT)	7 GRAMS	15 GRAMS	30 GRAMS	45 GRAMS	60 GRAMS	75 GRAMS
OATMEAL (STEEL CUT) (DRY WEIGHT)	7 GRAMS	15 GRAMS	30 GRAMS	45 GRAMS	60 GRAMS	75 GRAMS
PASTA NOODLES (COOKED)	16 GRAMS	32 GRAMS	64 GRAMS	96 GRAMS	128 RAMS	160 GRAMS
PASTA NOODLES (EGG)	20 GRAMS	40 GRAMS	80 GRAMS	120 GRAMS	160 GRAMS	200 GRAMS
POTATO'S (YELLOW)	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 GRAMS	300 GRAMS
POTATO'S (RED)	26 GRAMS	52 GRAMS	104 GRAMS	156 GRAMS	208 GRAMS	260 GRAMS
POTATO'S (SWEET)	25 GRAMS	50 GRAMS	100 GRAMS	150 GRAMS	200 GRAMS	250 GRAMS
POPCORN (AIR POPPED)	6 GRAMS	13 GRAMS	26 GRAMS	39 GRAMS	52 GRAMS	65 GRAMS
QUINOA	7 GRAMS	15 GRAMS	30 GRAMS	45 GRAMS	60 GRAMS	75 GRAMS
RICE (WHITE)	17 GRAMS	35 GRAMS	70 GRANS	105 GRAMS	140 GRAMS	175 GRAMS
RICE (BROWN)	6 GRAMS	13 GRAMS	26 GRAMS	39 GRAMS	52 GRAMS	65 GRAMS
RICE (WILD)	22 GRAMS	45 GRAMS	90 GRAMS	135 GRAMS	180 GRAMS	225 GRAMS
RICE CAKE'S (PLAIN)	6 GRAMS	12 GRAMS	24 GRAMS	36 GRAMS	48 GRAMS	60 GRAMS



A detailed illustration of three golden wheat stalks, showing the grain and the awns, set against a light gray background.





FATS

FATS (IN GRAMS OR TBSP)	1/2 PORTION	1 PORTION	2 PORTIONS	3 PORTIONS	4 PORTIONS	5 PORTIONS
AVOCADO	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
AVOCADO OIL	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
ALMONDS	10 GRAMS	20 GRAMS	40 GRAMS	60 GRAMS	80 GRAMS	100 GRAMS
ALMOND BUTTER (NATURAL)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
BUTTER (SALTED)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
BUTTER (UNSALTED)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
BRAZIL NUTS	7 GRAMS	15 GRAMS	30 GRAMS	45 GRAMS	60 GRAMS	75 GRAMS
BRIE CHEESE	17 GRAMS	35 GRAMS	70 GRAMS	105 GRAMS	140 GRAMS	175 GRAMS
CASHEW NUTS	11 GRAMS	22 GRAMS	44 GRAMS	66 GRAMS	88 GRAMS	110 GRAMS
CHIA SEEDS	16 GRAMS	32 GRAMS	64 GRAMS	96 GRAMS	128 GRAMS	160 GRAMS
COCONUT OIL	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
COCONUT MILK	21 GRAMS	42 GRAMS	84 GRAMS	108 GRAMS	150 GRAMS	192 GRAMS
CHEDDAR CHEESE	15 GRAMS	30 GRAMS	60 GRAMS	90 GRAMS	120 GRAMS	150 GRAMS
CREAM (HALF & HALF)	45 GRAMS	90 GRAMS	180 GRAMS	270 GRAMS	360 GRAMS	450 GRAMS
CREAM (10%)	3 TBSP	6 TBSP	12 TBSP	18 TBSP	24 TBSP	30 TBSP
CREAM (18%)	2 TBSP	4 TBSP	8 TBSP	12 TBSP	16 TBSP	20 TBSP
CREAM CHEESE	1 TBSP	2 TBSP	4 TBSP	6 TBSP	8 TBSP	10 TBSP
DARK CHOCOLATE (80%)	15 GRAMS	30 GRAMS	60 GRAMS	90 GRAMS	120 GRAMS	150 GRAMS
EGGS (WHOLE) (MEDIUM)	1	2	4	6	8	10
FETA CHEESE	22 GRAMS	45 GRAMS	90 GRAMS	135 GRAMS	180 GRAMS	225 GRAMS
HEMP SEEDS	10 GRAMS	20 GRAMS	40 GRAMS	60 GRAMS	80 GRAMS	100 GRAMS
MAYONNAISE	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
MOZZARELLA CHEESE	22 GRAMS	45 GRAMS	90 GRAMS	135 GRAMS	180 GRAMS	225 GRAMS
OLIVES	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
OLIVE OIL	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
PECAN NUTS	7 GRAMS	14 GRAMS	28 GARMS	42 GRAMS	56 GRAMS	60 GRAMS
PEANUTS	10 GRAMS	20 GRAMS	40 GRAMS	60 GRAMS	80 GRAMS	100 GRAMS
PENUT BUTTER (NATURAL WITH SEE SALT)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
PEANUT BUTTER (NATURAL)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
PROVOLONE CHEESE	19 GRAMS	38 GRAMS	76 GRAMS	114 GRAMS	152 GRAMS	190 GRAMS

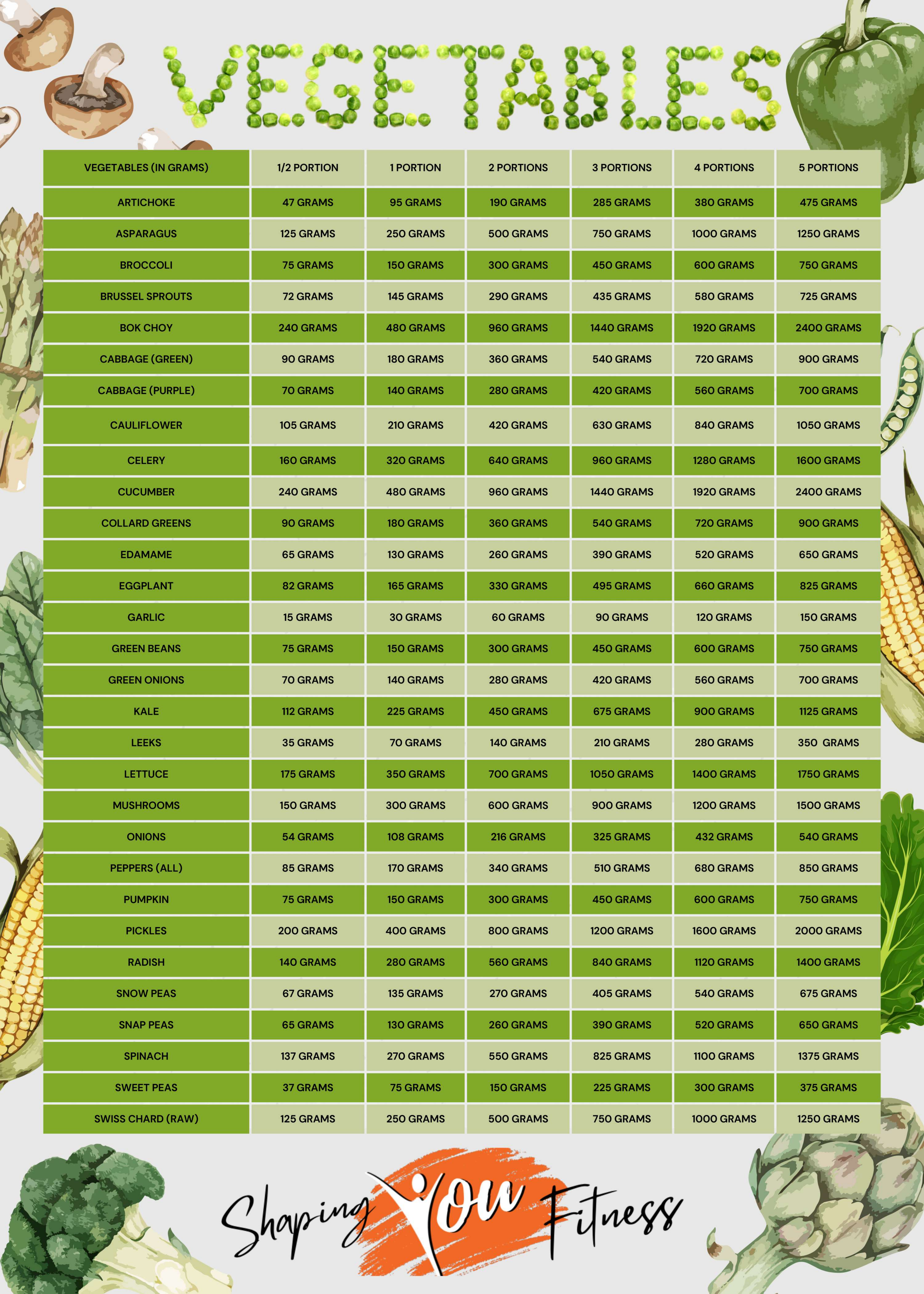
Shaping Your Fitness

PEANUT BUTTER

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Shaping **Your** Fitness

PEANUT BUTTER



VEGETABLES

VEGETABLES (IN GRAMS)	1/2 PORTION	1 PORTION	2 PORTIONS	3 PORTIONS	4 PORTIONS	5 PORTIONS
ARTICHOKE	47 GRAMS	95 GRAMS	190 GRAMS	285 GRAMS	380 GRAMS	475 GRAMS
ASPARAGUS	125 GRAMS	250 GRAMS	500 GRAMS	750 GRAMS	1000 GRAMS	1250 GRAMS
BROCCOLI	75 GRAMS	150 GRAMS	300 GRAMS	450 GRAMS	600 GRAMS	750 GRAMS
BRUSSEL SPROUTS	72 GRAMS	145 GRAMS	290 GRAMS	435 GRAMS	580 GRAMS	725 GRAMS
BOK CHOY	240 GRAMS	480 GRAMS	960 GRAMS	1440 GRAMS	1920 GRAMS	2400 GRAMS
CABBAGE (GREEN)	90 GRAMS	180 GRAMS	360 GRAMS	540 GRAMS	720 GRAMS	900 GRAMS
CABBAGE (PURPLE)	70 GRAMS	140 GRAMS	280 GRAMS	420 GRAMS	560 GRAMS	700 GRAMS
CAULIFLOWER	105 GRAMS	210 GRAMS	420 GRAMS	630 GRAMS	840 GRAMS	1050 GRAMS
CELERY	160 GRAMS	320 GRAMS	640 GRAMS	960 GRAMS	1280 GRAMS	1600 GRAMS
CUCUMBER	240 GRAMS	480 GRAMS	960 GRAMS	1440 GRAMS	1920 GRAMS	2400 GRAMS
COLLARD GREENS	90 GRAMS	180 GRAMS	360 GRAMS	540 GRAMS	720 GRAMS	900 GRAMS
EDAMAME	65 GRAMS	130 GRAMS	260 GRAMS	390 GRAMS	520 GRAMS	650 GRAMS
EGGPLANT	82 GRAMS	165 GRAMS	330 GRAMS	495 GRAMS	660 GRAMS	825 GRAMS
GARLIC	15 GRAMS	30 GRAMS	60 GRAMS	90 GRAMS	120 GRAMS	150 GRAMS
GREEN BEANS	75 GRAMS	150 GRAMS	300 GRAMS	450 GRAMS	600 GRAMS	750 GRAMS
GREEN ONIONS	70 GRAMS	140 GRAMS	280 GRAMS	420 GRAMS	560 GRAMS	700 GRAMS
KALE	112 GRAMS	225 GRAMS	450 GRAMS	675 GRAMS	900 GRAMS	1125 GRAMS
LEEKs	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
LETTUCE	175 GRAMS	350 GRAMS	700 GRAMS	1050 GRAMS	1400 GRAMS	1750 GRAMS
MUSHROOMS	150 GRAMS	300 GRAMS	600 GRAMS	900 GRAMS	1200 GRAMS	1500 GRAMS
ONIONS	54 GRAMS	108 GRAMS	216 GRAMS	325 GRAMS	432 GRAMS	540 GRAMS
PEPPERS (ALL)	85 GRAMS	170 GRAMS	340 GRAMS	510 GRAMS	680 GRAMS	850 GRAMS
PUMPKIN	75 GRAMS	150 GRAMS	300 GRAMS	450 GRAMS	600 GRAMS	750 GRAMS
PICKLES	200 GRAMS	400 GRAMS	800 GRAMS	1200 GRAMS	1600 GRAMS	2000 GRAMS
RADISH	140 GRAMS	280 GRAMS	560 GRAMS	840 GRAMS	1120 GRAMS	1400 GRAMS
SNOW PEAS	67 GRAMS	135 GRAMS	270 GRAMS	405 GRAMS	540 GRAMS	675 GRAMS
SNAP PEAS	65 GRAMS	130 GRAMS	260 GRAMS	390 GRAMS	520 GRAMS	650 GRAMS
SPINACH	137 GRAMS	270 GRAMS	550 GRAMS	825 GRAMS	1100 GRAMS	1375 GRAMS
SWEET PEAS	37 GRAMS	75 GRAMS	150 GRAMS	225 GRAMS	300 GRAMS	375 GRAMS
SWISS CHARD (RAW)	125 GRAMS	250 GRAMS	500 GRAMS	750 GRAMS	1000 GRAMS	1250 GRAMS

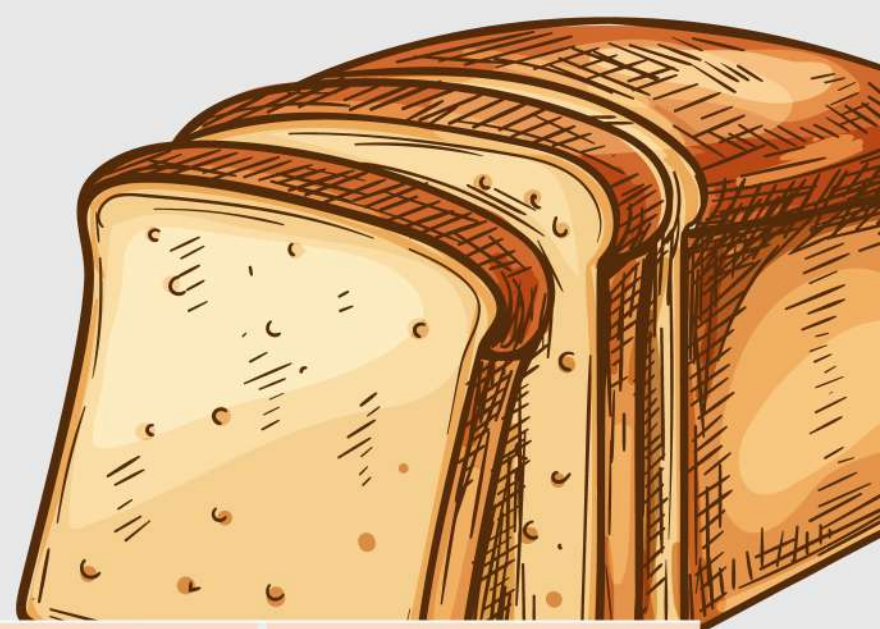
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Fruits

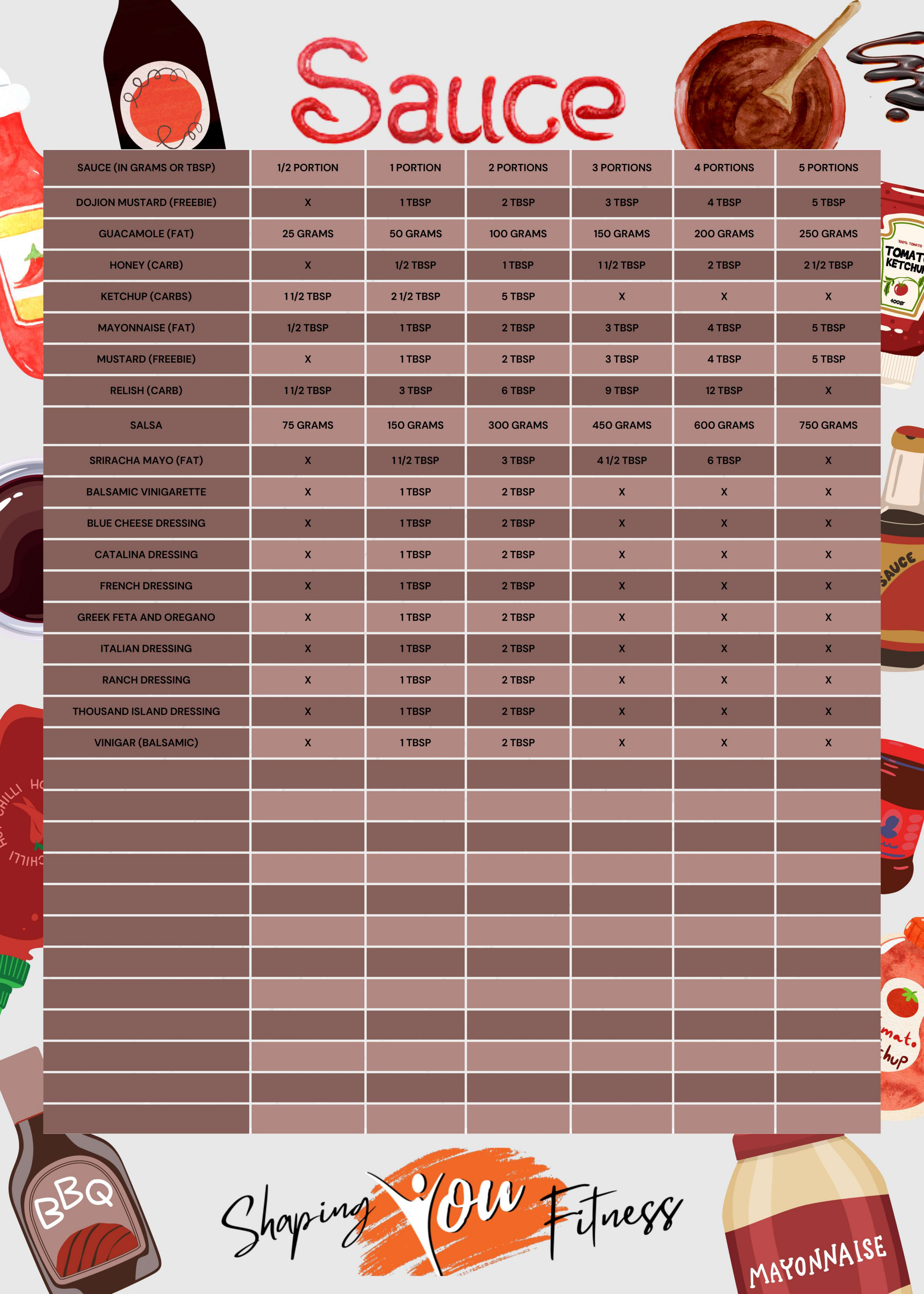
FRUITS (IN GRAMS)	1/2 PORTION	1 PORTION	2 PORTIONS	3 PORTIONS	4 PORTIONS	5 PORTIONS
APPLE (RED)	37 GRAMS	75 GRAMS	150 GRAMS	225 GRAMS	300 GRAMS	375 GRAMS
APPLE (GREEN)	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
APRICOTS (DRIED)	45 GRAMS	90 GRAMS	180 GRAMS	270 GRAMS	360 GRAMS	450 GRAMS
BANANA (PEELED)	22 GRAMS	45 GRAMS	90 GRAMS	135 GRAMS	180 GRAMS	225 GRAMS
BLACKBERRIES	50 GRAMS	100 GRAMS	200 GRAMS	300 GRAMS	400 GRAMS	500 GRAMS
BLUEBERRIES	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
CANTALOUPE	60 GRAMS	120 GRAMS	240 GRAMS	360 GRAMS	480 GRAMS	600 GRAMS
CHERRIES	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
CRANBERRIES (DRIED)	6 GRAMS	12 GRAMS	24 GRAMS	48 GRAMS	96 GRAMS	192 GRAMS
GRAPES (GREEN)	27 GRAMS	55 GRAMS	110 GRAMS	165 GRAMS	220 GRAMS	275 GRAMS
GRAPES (RED)	27 GRAMS	55 GRAMS	110 GRAMS	165 GRAMS	220 GRAMS	275 GRAMS
GRAPEFRUIT	47 GRAMS	95 GRAMS	190 GRAMS	285 GRAMS	380 GRAMS	475 GRAMS
GUAVA	35 GRAMS	70 GRAMS	140 GRAMS	210 GRAMS	280 GRAMS	350 GRAMS
KIWI	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
KUMQUAT	30 GRAMS	60 GRAMS	120 GRAMS	180 GRAMS	240 RAMS	300 GRAMS
LEMON	55 GRAMS	110 GRAMS	165 GRAMS	275 GRAMS	385 GRAMS	495 GRAMS
LIME	47 GRAMS	95 GRAMS	190 GRAMS	285 GRAMS	380 GRAMS	475 GRAMS
MANGO	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
NECTARINES	47 GRAMS	95 GRAMS	190 GRAMS	285 GRAMS	380 GRAMS	475 GRAMS
ORANGE	42 GRAMS	85 GRAMS	170 GRAMS	255 GRAMS	340 GRAMS	425 GRAMS
PAPAYA	45 GRAMS	90 GRAMS	180 GRAMS	270 GRAMS	360 GRAMS	450 GRAMS
PEACH	50 GRAMS	100 GRAMS	200 GRAMS	300 GRAMS	400 GRAMS	500 GRAMS
PEAR	32 GRAMS	65 GRAMS	130 GRAMS	195 GRAMS	260 GRAMS	325 GRAMS
PINEAPPLE	37 GRAMS	75 GRAMS	150 GRAMS	255 GRAMS	340 GRAMS	375 GRAMS
PLUM	42 GRAMS	85 GRAMS	170 GRAMS	255 GRAMS	340 GRAMS	425 GRAMS
POMEGRANATE	27 GRAMS	55 GRAMS	110 GRAMS	165 GRAMS	220 GRAMS	275 GRAMS
RAISINS	6 GRAMS	12 GRAMS	24 GRAMS	48 GRAMS	96 GRAMS	192 GRAMS
RASBERRIES	42 GRAMS	85 GRAMS	170 GRAMS	255 GRAMS	340 GRAMS	425 GRAMS
RASPBERRIES	65 GRAMS	130 GRAMS	260 GRAMS	390 GRAMS	520 GRAMS	650 GRAMS
WATERMELON	50 GRAMS	100 GRAMS	200 GRAMS	300 GRAMS	400 GRAMS	500 GRAMS

[illegible]

[illegible]The logo for 'Shaping You Fitness' features the brand name in a black, cursive script. The word 'You' is prominently displayed in a larger, bolder font. Behind the letter 'Y' of 'You' is a stylized white silhouette of a person with arms raised in a 'V' shape, set against a textured orange circular background.

Sauce

Sauce (in Grams or TBSP)	1/2 Portion	1 Portion	2 Portions	3 Portions	4 Portions	5 Portions
DOJION MUSTARD (FREEBIE)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
GUACAMOLE (FAT)	25 Grams	50 Grams	100 Grams	150 Grams	200 Grams	250 Grams
HONEY (CARB)	X	1/2 TBSP	1 TBSP	1 1/2 TBSP	2 TBSP	2 1/2 TBSP
KETCHUP (CARBS)	1 1/2 TBSP	2 1/2 TBSP	5 TBSP	X	X	X
MAYONNAISE (FAT)	1/2 TBSP	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
MUSTARD (FREEBIE)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
RELISH (CARB)	1 1/2 TBSP	3 TBSP	6 TBSP	9 TBSP	12 TBSP	X
SALSA	75 Grams	150 Grams	300 Grams	450 Grams	600 Grams	750 Grams
SRIRACHA MAYO (FAT)	X	1 1/2 TBSP	3 TBSP	4 1/2 TBSP	6 TBSP	X
BALSAMIC VINIGARETTE	X	1 TBSP	2 TBSP	X	X	X
BLUE CHEESE DRESSING	X	1 TBSP	2 TBSP	X	X	X
CATALINA DRESSING	X	1 TBSP	2 TBSP	X	X	X
FRENCH DRESSING	X	1 TBSP	2 TBSP	X	X	X
GREEK FETA AND OREGANO	X	1 TBSP	2 TBSP	X	X	X
ITALIAN DRESSING	X	1 TBSP	2 TBSP	X	X	X
RANCH DRESSING	X	1 TBSP	2 TBSP	X	X	X
THOUSAND ISLAND DRESSING	X	1 TBSP	2 TBSP	X	X	X
VINIGAR (BALSAMIC)	X	1 TBSP	2 TBSP	X	X	X



Sauce

Sauce (in Grams or TBSP)	1/2 Portion	1 Portion	2 Portions	3 Portions	4 Portions	5 Portions
DOJION MUSTARD (FREEBIE)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
GUACAMOLE (FAT)	25 Grams	50 Grams	100 Grams	150 Grams	200 Grams	250 Grams
HONEY (CARB)	X	1/2 TBSP	1 TBSP	1 1/2 TBSP	2 TBSP	2 1/2 TBSP
KETCHUP (CARBS)	1 1/2 TBSP	2 1/2 TBSP	5 TBSP	X	X	X
MAYONNAISE (FAT)	1/2 TBSP	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
MUSTARD (FREEBIE)	X	1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP
RELISH (CARB)	1 1/2 TBSP	3 TBSP	6 TBSP	9 TBSP	12 TBSP	X
SALSA	75 Grams	150 Grams	300 Grams	450 Grams	600 Grams	750 Grams
SRIRACHA MAYO (FAT)	X	1 1/2 TBSP	3 TBSP	4 1/2 TBSP	6 TBSP	X
BALSAMIC VINIGARETTE	X	1 TBSP	2 TBSP	X	X	X
BLUE CHEESE DRESSING	X	1 TBSP	2 TBSP	X	X	X
CATALINA DRESSING	X	1 TBSP	2 TBSP	X	X	X
FRENCH DRESSING	X	1 TBSP	2 TBSP	X	X	X
GREEK FETA AND OREGANO	X	1 TBSP	2 TBSP	X	X	X
ITALIAN DRESSING	X	1 TBSP	2 TBSP	X	X	X
RANCH DRESSING	X	1 TBSP	2 TBSP	X	X	X
THOUSAND ISLAND DRESSING	X	1 TBSP	2 TBSP	X	X	X
VINIGAR (BALSAMIC)	X	1 TBSP	2 TBSP	X	X	X



