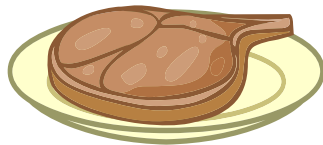


Chef Solus Portion Size Reference List - Protein Group

It is not as hard as you might think to figure out the right serving size with a little help from some common household items.

1 - 3 Serving of the Protein Group

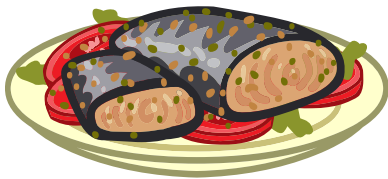
3 ounces of meat or chicken



1 iPod (3 servings)



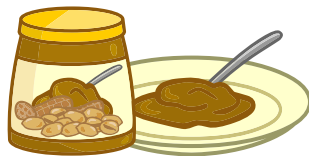
3 ounces of fish fillet



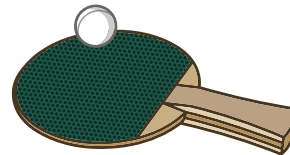
1 iPod (3 servings)



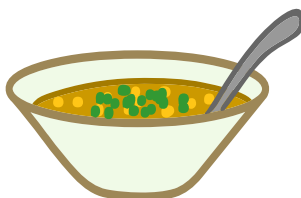
2 tablespoons of peanut butter



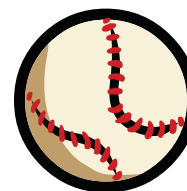
1 ping-pong ball (2 servings)



1/2 cup cooked beans



1 baseball (2 servings)



1/4 cup of nuts



1 golf ball

