

Worksheet

Sample Water and Vitamin/Calcium Intake Time

Water	Breakfast 8am	Vitamin/Calcium
Drink water until 7:45am	(Eat slowly ~20min)	Take multivitamin with breakfast
Resume drinking at 8:50am	Snack 10 am	11 am
Stop drinking at 9:45am Resume drinking at 11:00am	Protein supplement	3 hours after MVI , Take 500 mg calcium with snack
Stop drinking at 11:45am	Lunch 12 pm	
	(Eat slowly - 20 min)	
Resume drinking at 12:50pm	Snack 2 pm	
Stop drinking at 1:45pm Resume drinking at 3:00pm	Protein supplement	Take 500mg calcium with snack
Stop drinking at 5:45pm	Dinner 6 pm	
	(Eat slowly - 20 min)	Take multivitamin with dinner
Resume drinking 6:50pm	Daily Totals	~ 9pm take 500 mg calcium
	Calories	
	Fat	
	Protein	

- It is up to you what time of the day you choose to eat your meals/snacks.
- Please follow guidelines for taking your vitamin and calcium supplements

Food	Grams of protein	Serving size
Beef	7	1 oz.
Chicken, white meat	9	1 oz.
Chicken, dark meat	8	1 oz.
Pork	8	1 oz.
Lamb	7.5	1 oz.
Whole egg	6	1 large
Egg white	3.5	1 large
Duck	9	1 egg
Clams	22	3 oz., 19 small
Crab	16.5	3 oz.
Oysters, cooked	4	6 medium
Oysters, raw	6	6 medium
Scallops	10.6	3.5 oz.
Shrimp	18	3.5 oz., 15 large
Lobster	17.4	3 oz.
Fish	7	1 oz.
Cheddar cheese	7	1 oz.
Feta cheese	4	1 oz.
Blue Cheese	6	1 oz.
Mozzarella & Swiss cheese	8	1 oz.
Cottage cheese	15	½ cup
Greek yogurt, plain, skim	7-8	½ cup

Food	Grams of protein	Serving size
Milk, skim	8	8 oz.
Non-fat dry milk	10.8	1/4 cup
Soy milk	6.6	8 oz.
Beans - black, kidney, lima, pinto, refried, chickpeas	7-8	½ cup
White beans, split peas	8-9.5	½ cup
Soy Beans	11-14	½ cup
Peanut Butter	4	1 Tbsp.
Cashews	5.1	1 oz.
Chestnuts	0.9	1 oz.
Almonds	6	1 oz.
Lentils	9	½ cup
Peanuts	7	1 oz.
Pistachios	6	1 oz.
Couscous	3.4	1/2 cup
Quinoa	5.5	1/2 cup
Pasta	2.2	1/3 cup
Egg noodles	2.5	1/3 cup
Instant oatmeal	4.5	1 packet
Brown rice	1.25	1/4 cup
Wild rice	1.6	1/4 cup
100% whole wheat bread	3	1 slice
Tofu	19.9	½ cup