

WHAT DOES 30g/1oz NET CARBS LOOK LIKE?

- QUICK CHEAT SHEET -



276ml



1.2 cups



0.8 pancake



0.7 cup



1 large



1.8 dates



0.8 small



0.7 cup



69 cups



60 medium



9.5 cups



7.5 cups

WHAT DOES 30g/1oz PROTEIN LOOK LIKE?

- QUICK CHEAT SHEET -



1.1
cups



1.2
cups



0.6
cup



3.6
cups



0.4
cup



0.4
cup



0.5
cup



1.1
cups



35
cups



5.5
medium



15
cups



11.5
cups