You're Not on a Diet. You're on a Budget.

You don't need another complicated diet, a hundred new recipes, or an app that makes you calculate every bite. You need a plan that's easy enough to follow even when you're tired, busy, or just don't feel like thinking about food.

💚 Welcome to your Daily Food Budget

Just like your bank account, you have a set amount to spend each day. When it's gone, it's gone. The good news: you get a fresh budget every day.

STEP 1 | The Daily Budget Concept

Before you start, set up your daily budget (your calorie target). Here's an example:

FOOD GROUP	SERVINGS	EXAMPLE BUDGET (ea. coin = 1 serving)
🍗 **Protein**	4–6	🟢🟢🟢🟢🟢
🥦 **Vegetables**	4 cups	🟢🟢🟢🟢
🥑 **Fats**	1–3	🟢🟢🟢
🍎 **Carbs**	0–3	🟢🟢
⭐ **Extras**	calories	🟢



EXAMPLE DAILY BUDGET = 1360 calories

- 5 proteins (750) + 4 vegetables (100) + 3 fats (300) + 2 carbs (160) + 1 extra (50).
- Your calorie needs determine your personal combination. This example is not a target for everyone.

🛒 STEP 2 | What One Serving Looks Like

🍗 PROTEIN | About 150 calories per serving

Keeps you satisfied and supports your muscles.

Chicken or turkey breast: 3 oz cooked • Lean beef: 3 oz cooked • White fish: 4–5 oz cooked • Eggs: 2 large • 0% Greek yogurt: 1 cup • 2% cottage cheese: ¾ cup • Firm tofu: 6 oz • Protein shake: about 20–25 g protein • Protein bar: 1 bar

Protein bars vary in calories. Use Extras for higher-calorie choices.

🥦 VEGETABLES | About 25 calories per cup

Add colour, fiber, and plenty of volume!

1 cup raw each: Broccoli, cauliflower, green beans, zucchini, bell peppers, spinach, mushrooms or Brussels sprouts.

Cooked portions roughly ½ cup.

🥑 FATS | About 100 calories per serving

A little fat adds lots of flavor and satisfaction.

Olive oil: 3 tsp • Butter: 1 tbsp • Peanut butter: 1 tbsp • Cheddar: 1 oz • Almonds: 13 • Avocado: 1/4 medium to large

Portions are approximate; some are a little above or below 100 calories.

🍎 CARBS | About 80 calories per serving

Yes, carbs can fit your budget too!

Potato: 1 small baked • Rice: ⅓ cup cooked • Oatmeal: ⅓ cup cooked • Beans: ⅓ cup cooked • Whole-grain bread: 1 slice • Strawberries: 1 cup • Blueberries: 1 cup • Apple: 1 small • Banana: ½ medium

Amounts vary by food and brand.

⭐ EXTRAS | Room for Real Life!

Chocolate? A cookie with your coffee? They can fit, but they come out of the same account. Extras also cover foods that are not on the list.

Write your Extras in calories. A cookie might be 150 cal, a square of chocolate 70 cal. Going over is like going into overdraft. Once isn't a disaster, but it costs you. No starting over Monday, just get back within budget tomorrow.

🛒 STEP 3 | How to Structure Your Day

Start with your protein and greens. Then add fats, carbs and Extras to create a food budget that works for you.

1. Protein | Choose 4–6 servings

On average each serving will contain 20 g of protein. Plan your protein servings first. Spread them across your meals and snacks so you have satisfying options throughout the day.

2. Greens | Aim for 4 cups

Build two Protein & Greens meals: 2 cups of vegetables at lunch and 2 cups at dinner, alongside your protein.

3. Fats | Add 1–3 servings

On average each serving will contain 9 - 11g of fat. Choose fats that make your meals enjoyable and satisfying. Measure them at first—a little can go a long way!

4. Carbs | Add 0–3 servings

On average each carb serving will contain 20g of carbs. Choose the amount that fits your calorie budget. Fruit, potatoes, rice and other everyday foods can all have a place.

5. Extras | Make room for real life

Plan your Extras ahead, not at 8 p.m. They're the first thing to push you into overdraft. Use them for treats, larger portions or foods not on the lists, and stay within your budget.

🔍 Why Average Calories? Because Simple Works

Some foods in the categories contain more calories, while others have fewer. Incorporating a variety of foods into your diet can be beneficial and differences balance out over time.

If you often choose higher-calorie foods, use Extras for the difference. You don't need perfect numbers. You need a plan that helps you be consistent. Consistency over perfection.

💡 Learn Your Portions, Not Just Your Numbers

Knowing serving sizes and calories helps you recognize appropriate portions by sight. With practice, you can rely less on measuring. This skill will help you maintain your weight, not just lose the weight.

🟢 Spend Your Budget

Plan your day at home with the **Daily Budget Planner** (free printable attached).

Take the **My Daily Budget tracker** (free printable attached) with you. Cross off servings as you spend them. Consider purchasing the **Smart Servings app** to make this even easier.

💚 One Last Thing...

Repeat meals you enjoy. Keep a few easy options on hand. When your day doesn’t go as planned, just make your next best choice.

The best plan isn’t the one you follow when you’re motivated. It’s the one you can still follow when you’re tired.

Spend your budget. Enjoy your food. Keep it simple.

SMART SERVINGS *PRINTABLE WHOLE FOODS LIST*

HOW TO USE THIS LIST	1. Find your food	2. Use the portion shown	3. Log your servings

Protein

Poultry
- Chicken, lean ground, 3 oz.
- Chicken, skinless, 3 oz.
- Eggs, 2 large
- Egg whites, 5 large
- Turkey, lean ground, 3 oz.
- Turkey, skinless, 3 oz.

Fish
- Cod, Haddock, Halibut, Sole 4-5 oz.
- Tuna, 1 can in water
- Salmon, 3 oz.
- Sardines, 1 can in water

Shellfish
- Lobster/crab, 3 oz.
- Scallops, 3 oz./5 large
- Shrimp, 3 oz./12 large

Beef
- Beef, lean, ground, 3 oz.
- Filet mignon, 3 oz.
- Lamb, 3 oz.
- Sirloin, 3 oz.

Pork
- Lean ham, 3 oz.
- Tenderloin, 3 oz.
- Veal cutlet, 3 oz.
- Pork rib chop, 3 oz.

Dairy
- Cottage cheese, plain, 3/4 cup
- Greek yogurt, plain, 1 cup

Vegetarian
- Edamame, 1 cup cooked
- Tempeh, 1/2 cup
- Tofu, 6 oz
- Vegetarian Protein Crumbles, 1 cup

***Protein Products**
- 1 protein bar
- 1 scoop whey Protein

Vegetables

- Asparagus
- Bean sprouts
- Bell peppers
- Broccoli
- Cabbage (all)
- Carrots (raw)
- Cauliflower
- Celery root
- Chard (all)
- Chayote
- Collards
- Cucumbers
- Dill pickles
- Fennel
- Green onions
- Kale
- Kohlrabi
- Mushrooms
- Okra
- Onions
- Hot peppers
- Radish
- Rhubarb
- Sauerkraut
- Spinach
- Turnips
- Yellow squash
- Zucchini
- Beans (green & yellow)
- Brussels sprouts
- Eggplant
- Heart of palm
- Jicama
- Leeks
- Rutabaga
- Snow peas
- Snap peas (raw)
- Spaghetti squash
- Tomato
- ½ cup Tomato sauce

Healthy Fats

Oils
- (olive, avocado, canola) 3 tsp
- Flax seed oil (cold) 3 tsp
- Grapeseed oil (cooking) 3 tsp

Spreads
- Butter, 1 Tbsp.
- Mayonnaise, regular, 1 Tbsp.
- Nut butters, all natural, 1 Tbsp.
- Cream (light or heavy), 1 oz.
- Full-fat salad dressings
- 1 Tbsp.
- Half & half creamer, 1 oz.
- Coconut milk canned, ¼ cup

Nuts & Seeds
- Almonds, 13 whole
- Cashews, 10 whole
- Macadamia nuts, 5 whole
- Pecan halves, 10
- Pistachio nuts, 25 kernels
- Pumpkin seeds, 2 Tbsp.
- Sunflower seeds, 2 Tbsp.
- Walnut halves, 7

Pitted Fruits
- Avocado, 1/4 medium
- Black olives, 15 medium
- Green olives, 15 medium
- Olive tapenade, 2 Tbsp.

Cheese
- Crumbled soft cheese, 1oz, (bleu, feta, cream)
- Hard cheese, 1 oz./1 slice, (cheddar, swiss etc.)

Carbohydrates

Starchy Vegetables & Legumes
- Beets, 1 cup sliced
- Carrots cooked, 1 cup
- Black beans, ⅓ cup
- Butternut squash, 1 cup cubed
- Chickpeas, ⅓ cup
- Corn, ⅓ cup
- Green peas, ⅔ cup
- Kidney beans, ⅓ cup
- Lentils, ⅓ cup
- Potato, 1 small
- Pure canned pumpkin, ¾ cup
- Sweet potato, small

Whole Grains, Cereals, Pasta
- Brown rice, ⅓ cup cooked
- Quinoa, ⅓ cup cooked
- Steel-cut oats, ⅓ cup cooked
- Whole grain bread, 1 slice
- Rye bread, 1 slice
- Whole wheat pasta, ⅓ cup
- Whole wheat flour, 3 Tbsp.

Fruit
- Apple, 1 small
- Berries (all) 1 cup
- Cantaloupe, 1/4 medium
- Cherries, 15 whole
- Grapefruit, 1/2 large
- Grapes, ¾ cup
- Orange, 1 medium
- Peach, 1 medium
- Pear, 1 medium
- Pineapple, 1 cup chunks
- Watermelon, 1 cup chunks

SMART SERVINGS ***PRINTABLE VEGETABLE WEIGHT GUIDE***

VEGETABLES	1 SERVING = 1 CUP

VEGETABLE	GRAMS	VEGETABLE	GRAMS
Asparagus	**134 g**	Onions (raw only)	**160 g**
Bean sprouts	**100 g**	Hot peppers	**150 g**
Bell peppers	**149 g**	Rhubarb	**116 g**
Broccoli	**91 g**	Sauerkraut	**122 g**
Cabbage (all)	**89 g**	Spinach	**142 g**
Cauliflower	**100 g**	Turnips	**150g**
Celery root	**100 g**	Yellow squash	**124g**
Chard (all)	**36 g**	Zucchini	**150 g**
Chayote	**160 g**	Beans (green & wax)	**150 g**
Collards	**36 g**	Brussels sprouts	**88 g**
Cucumbers	**104 g**	Eggplant	**82 g**
Dill pickles	**149 g**	Heart of palm	**146 g**
Fennel	**87 g**	Jicama	**130 g**
Green onions	**100 g**	Leeks	**89 g**
Kale	**67 g**	Rutabaga	**140 g**
Kohlrabi	**135 g**	Snow peas	**98 g**
Mushrooms	**96 g**	Spaghetti squash	**155 g**
Okra	**100 g**	Tomatoes	**165 g**

Plan your servings for the day

DAILY BUDGET PLANNER

Date _____

Calorie budget _____

Meal / Food Choices	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Servings/day



PROTEIN

Servings____x 150 =_____



VEGGIES

Servings____x 25 =_____



FATS

Servings____x 100 =_____



CARBS

Servings____x 80 =_____



EXTRAS

calories

_____ _____ _____



WATER

8 glasses

Total calories _____

SMART SERVINGS

My Daily Budget

You're not on a diet. You're on a budget.

Date _____

Spend a serving, cross it off. Then total each row.

		TOTAL
Protein 150 cal each	150 150 150 150 150 150	____ = ____
Vegetables 25 cal each	25 25 25 25 25	____ = ____
Fats 100 cal each	100 100 100 100	____ = ____
Carbs 80 cal each	80 80 80 80	____ = ____
Extras write calories	____ + ____ + ____ +	= ____

Today I spent _____ **of my** _____ **cal budget**

SMART SERVINGS

My Daily Budget

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