

Balanced Block Chart

	BLOCK	PROTEIN grams	FAT grams	CARB grams
SNACKS	1 Block	7	2	9
	1.5	10	3	13
	2 Blocks	14	4	18
	2.5	17	5	22
MEALS	3 Blocks	21	6	27
	3.5	24	7	31
	4 Blocks	28	8	36
	4.5	31	9	40
	5 Blocks	35	10	45
	5.5	38	11	49
	6 Blocks	42	12	54
	6.5	45	13	58
	7 Blocks	49	14	63
	7.5	52	15	67
	8 Blocks	56	16	72
	8.5	59	17	76
	9 Blocks	63	18	81
	9.5	66	19	85
	10 Blocks	70	20	90

Note: 1 Block / 7 grams Protein is equivalent to:

- 1 oz - Poultry/Meat
- 1.5 oz - Fresh Fish
- 1 Egg or 2 Egg Whites
- 1.5 oz - Shrimp
- 2 oz - Tofu
- 1 Tbsp - Protein Powder

Note: 4 oz. Poultry/Meat = 4 Blocks/28 grams Protein = Size of a Deck of Cards