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Foods	Portions To Check Off
Cheese pizza (1/4 of 12" pizza)	  
Cheese and vegetable pizza (1/4 of 12" pizza)	   
Meat pizza (1/4 of 12" pizza)	  
Meat lasagna (1 cup)	  
Vegetable lasagna (1 cup)	   
Pasta with meat sauce/meatballs (1 cup)	  
Sushi roll with fish/vegetables (6 pieces)	  
Bean/lentil/split pea soup (1 cup)	 
Cream soup (1 cup)	 
Vegetable soup (1 cup)	 
Beef and chicken noodle soup (1 cup)	 
Chile (1 cup)	 
Beef/chicken stew (1 cup)	  
Meat/noodle casseroles (1 cup)	   
6" sub sandwich	