



CUPS TO GRAMS CONVERSION SHEET



THE BASICS

- 2 x tablespoons = 1/8 cup
- 2 x 1/8 cups = 1/4 cup
- 2 x 1/4 cups = 1/2 cup
- 2 x 1/2 cups = 1 cup

CUPBOARD INGREDIENTS - NUTS & SEEDS

- 1/4 cup slivered almonds: 20g
- 1/4 cup chopped walnuts: 30g
- 1/4 cup chopped pecans: 30g
- 1/4 cup chopped cashew nuts: 40g
- 1/4 ground almonds: 29g
- 1/4 cup pumpkin seeds: 32g
- 1 tbsp nut butter: 16g
- 1/4 cup nut butter: 64g

PROTEIN POWDERS

- 1/2 egg white powder: 48g
- 1/2 pea protein powder: 54g
- 1/2 whey protein powder: 48g
- 1/2 rice protein powder: 62g
- 1/2 hemp protein powder: 62g
- 1/2 cup casein protein powder: 52g
- 1/2 cup of whey Protein Pow cooking mix: 56g
- 1/2 cup of pea Protein Pow cooking mix: 56g



CUPBOARD INGREDIENTS - CANNED

- 1/4 cup canned pumpkin puree: 55g
- 1/4 cup canned chickpeas: 60g
- 1/4 cup canned black beans: 63g
- 1/4 cup canned pinto beans: 63g
- 1/4 cup tomato paste: 55g

CUPBOARD INGREDIENTS - OTHER

- 1/4 cup chocolate chips: 40g
- 1/4 cup cocoa nibs: 30g
- 1/4 cup dried apples: 30g
- 1/4 cup grated coconut: 25g

CUPBOARD INGREDIENTS - POWDERED

- 1/4 cup of coconut sugar: 48g
- 1/4 cup of cocoa powder: 28g
- 1/4 cup coconut flakes: 20g
- 1/4 cup grated coconut: 25g
- 1/4 cup coconut sugar: 20g
- 1/4 cup rolled oats: 22g
- 1/4 cup coconut flour: 24g
- 1/4 buckwheat flour: 44g
- 1/4 cup goji berries: 33g
- 1/4 cup chia seeds: 40g
- 1/4 cup poppy seeds: 36g
- 1/4 cup ground flaxseed: 37g



FRIDGE INGREDIENTS

- 1/2 cup Greek yogurt: 114g
- 1/2 cup cottage cottage: 113g
- 1 fresh egg white: 33g
- 1/4 cup liquid egg whites: 2 fresh egg whites
- 1/4 cup liquid egg whites: 66ml
- 1 large whole egg: 55g
- 1/2 cup milk: 120ml
- 1/4 cup ricotta cheese: 62g
- 1/4 (hard) grated cheese: 25g
- 1 cup Philadelphia cream cheese: 225g
- 1 cup grated mozzarella cheese: 113g



SYRUPS & SWEETENERS

- 1/8 cup agave syrup: 27g
- 1/8 cup honey: 42g
- 1/8 cup maple syrup: 40g

