

LEAN PROTEINS						FRUIT					
Food Item	Qty	Cal	Pro	Carb	Fat	Food Item	Qty	Cal	Pro	Carb	Fat
Beef, ground, 93% lean	4 oz / 113g	172	23.5	0	7.9	Apple	3" dia (5.4 oz / 182g)	95	0.4	25.2	0.3
Beef, steak, top round	4 oz / 113g	159	25.7	0	5.4	Applesauce, natural	1 cup (244g)	102	0.4	27.5	0.2
Beef, steak, top sirloin	4 oz / 113g	153	24.9	0	5.2	Banana	7.5" (4.2 oz / 118g)	110	1.0	29	0
Beef, steak, flank	4 oz / 113g	169	24.6	0	7.1	Blackberries	1 cup (5.1 oz / 144g)	62	2.0	13.8	0.7
Chicken breast, skinless	4 oz / 113g	136	25.5	0	2.9	Blueberries	1 cup (5.2oz / 148g)	84	1.1	21.5	0.5
Egg white	Large (33g)	17	3.6	0.3	0.1	Cantaloupe	5" dia (9.7oz / 276g)	94	2.3	22.5	0.5
Egg whole	Large (50g)	72	6.3	0.4	4.8	Grapefruit	1/2 lg (5.8oz / 166g)	53	1.1	13.4	0.2
Fish, tuna, chunk light in wtr	4 oz / 113g	100	22	0	0.0	Grapes (seedless)	1 cup (5.3oz / 151g)	104	1.0	27.3	0.2
Fish, salmon, Atlantic	4 oz / 113g	206	28.8	0	9.2	Nectarine	2.5" (5oz / 142g)	62	1.5	15	0.4
Fish, sardines (herring) in wtr	1 can (3.2 oz / 91g)	148	19	0	8.0	Orange	1 med (5 oz / 141g)	65	1.0	16.3	0.3
Fish, cod	4 oz / 113g	93	20.2	0	0.8	Peach	1 med (5.3 oz / 150g)	58	1.3	14.3	0.3
Fish, tilapia	4 oz / 113g	109	22.8	0	1.9	Pear	1 med (6.3oz / 178g)	101	0.6	27.1	0.25
Pork tenderloin	4 oz / 113g	124	23.7	0	2.5	Plum	1 med (2.3 oz / 66g)	30	0.4	7.5	0.1
Protein powder, whey	1 scoop (31g)	110	24	2	1.0	Pineapple	1 cup (5.8 oz / 165g)	82	1	22	0
Turkey, ground 99% lean	4 oz / 113g	127	26.7	0	2.2	Raspberries	1 cup (4.3 oz / 123g)	64	1.5	14.7	0.8
Turkey breast, skinless	4 oz / 113g	130	27	0	1.7	Strawberries	1 cup (5.4 oz / 152g)	49	1.0	11.6	0.4
Shrimp	4 oz / 113g	96	22.8	0	0.6	Watermelon (diced)	1 cup (5.4 oz / 152g)	46	0.9	11.4	0.2
STARCHY CARBS						FIBROUS CARBS					
Food Item	Qty	Cal	Pro	Carb	Fat	Food Item	Qty	Cal	Pro	Carb	Fat
Beans, black, canned	Cup (8.5 oz /240g)	218	14.4	39.7	0.5	Asparagus spears	10 7-8" (7 oz / 200g)	40	4	8	0
Beans, garbanzo, canned	Cup (5.3 oz / 152g)	210	10.7	14.7	3.7	Broccoli	1 cup (3.1 oz / 88g)	30	2.4	5.8	0.3
Black eye peas, boiled	Cup (3 oz / 85.5g)	198	13.2	36	1	Brussels sprouts	1 cup (3.1 oz / 88g)	38	3.9	7.8	0.2
Bread, whole wheat	1 slice (1.1 oz / 32g)	81	4	13.7	1.1	Cabbage	1 cup (3.1 oz / 89g)	22	1.1	5.1	0.1
Bread, sprouted, Ezekiel	1 slice (1.2 oz / 34g)	80	4	15	0.5	Carrots	7.5" (2.5 oz / 72g)	30	0.6	6.9	0.1
Corn, yellow kernels, frozen	Cup (4.8 oz / 136g)	120	4.1	28.1	1	Cauliflower	1 cup (3.7oz / 107g)	27	2	5.3	0.3
Cream of rice hot cereal, dry	1/4 cup (1.6 oz / 45g)	166	2.8	37	0.2	Celery	8" stalk (1.4 oz / 40g)	6	0.3	1.2	0.1
Lentils, dry	1/4 cup (1.7 oz (48g)	169	11.8	30.4	0.5	Collard greens	2 cups (2.4 oz / 72g)	24	2	3.8	0.4
Oatmeal, rolled oats, dry	1/2 cup (1.4 oz / 40g)	150	5	27	3	Cucumber	1 cup (3.6 oz / 104g)	20	2	4	0
Oatmeal, steel-cut, dry	1/4 cup (1.4 oz / 40g)	150	5	27	2.5	Eggplant	1 cup (3 oz / 82g)	20	0.8	4.8	0.1
Peas, green, frozen	Cup (1.2 oz/34g)	102	7	18.2	0.4	Green beans	1 cup (3.5 oz / 100g)	33	2.6	8	0
Potato, sweet, raw	1 med (6 oz/170g)	146	2.6	34.1	0.1	Kale	1 cup (2.4 oz / 67g)	34	2.2	6.7	0.5
Potato, Russet, raw	1 med (9.5oz/269g)	213	5.7	48.5	0.2	Lettuce, Romaine	2 cups (3.2 oz / 94g)	16	0.6	1.5	0.1
Pumpkin, canned	Cup (8.6 oz / 245g)	83	2.7	19.8	0.7	Mushrooms	1 cup (2.5 oz / 70g)	15	2.1	2.2	0.2
Pita, Whole wheat	1 lg (2.2 oz / 64g)	168	6.2	36	1	Onion	1/2 cup (2.8 oz / 80g)	32	0.9	7.4	0.1
Pasta, whole wheat, ckd	3.8oz/107g	159	6.4	32	1.8	Salsa	4 tbsp (1.2oz/36g)	20	1.1	4.8	0.1
Rice, long grain brown, ckd	Cup (6.9 oz / 195g)	218	4.5	46	1.6	Spinach	3 cups (3 oz / 90g)	21	2	3.2	0.3
Shredded Wheat, bite size	1 cup (1.7 oz / 49g)	172	5.8	40	1	Pepper, green or red	1 cup (5.2 oz / 149g)	20	0.7	4.8	0.1
Quinoa, dry	1/4 cup (6 oz / 170g)	156	6	27	2.6	Tomato	1 lg (6.4 oz / 182g)	33	1.6	4.8	0.4
Yam, raw	5 oz / 142g	165	2.2	39	0.2	Zucchini (summer squash)	1 cup (4 oz / 113g)	19	1.3	3.5	0.3
DAIRY PRODUCTS						FATS					
Food Item	Qty	Cal	Pro	Carb	Fat	Food Item	Qty	Cal	Pro	Carb	Fat
Milk, 1% lowfat	1 cup (8fl oz / 236ml)	102	8.2	12	2.3	Almonds	23 nuts (1 oz / 28 g)	164	6	6.1	14.1
Milk, skim (non-fat)	1 cup (8fl oz / 236ml)	83	8.2	12	0	Avocado	1/2 med (3 oz / 85g)	142	1.6	7.3	13.1
Cheese, cheddar, nonfat	1/2 cup (2 oz / 56g)	88	18	4	0	Coconut (shredded)	1/2 cup (1.4 oz / 40g)	141	1.3	6.1	13.4
Cheese, Swiss, nonfat	1.2 cup (2 oz / 56g)	72	16	2	0	Coconut oil	1 Tbsp (13.6g)	121	0	0	13.5
Cheese, feta, lowfat	1/2 cup (2 oz / 56g)	120	12	0	8	Fish oil (supplement)	5 softgels (5 g)	50	0	0	5
Cottage cheese, 1% lowfat	1/2 cup (4 oz /113g)	81	14	3	1.2	Flaxseeds	2 Tbsp (.5 oz / 14g)	74	2.4	4	5.8
Cottage cheese, nonfat	1/2 cup (4 oz / 113g)	81	11.7	7.5	0	Flaxseed Oil	1 Tbsp (14.8 ml)	120	0	0	13.6
Cream cheese, nonfat	2 tbsp (1.3 oz / 36g)	38	5.6	2.8	0.3	Olives, black, pitted	10 lg (1.5 oz / 44g)	50	0.3	2.7	4.7
Sour cream, non fat	2 tbsp (.8oz/24g)	18	0.7	3.7	0	Olive oil, extra virgin	1 Tbsp (14.8ml)	119	0	0	13.5
Yogurt, fruit, 1% lowfat	8 oz / 185g	243	9	46	2.8	Peanut butter, natural	1 Tbsp (0.5 oz / 16g)	96	3.5	3.5	8.2
Yogurt, vanilla, nonfat light	6 oz / 170g	73	6.5	13	0	Salad dress, olive oil vngr	1 Tbsp (14.7ml)	75	0	0.5	8
Yogurt, Greek, plain	6 oz / 170g	100	17.3	6.1	0	Salad dress, lt balsamic	2 Tbsp (29.4ml)	45	0	2	4
Yogurt, Greek, vanilla	5.3 oz / 150g	117	13	16	0.3	Walnuts	1/4 cup (1.1 oz / 30g)	196	4.5	4.1	19.5