

PROTEIN					
Food	Amount	Protein (g)	Carbs (g)	Fat (g)	Total Calories
chicken	1 oz	7	0	1	37
	2 oz	14	0	1.5	69.5
	3 oz	21	0	2.3	104.7
	4 oz	28	0	3	139
	5 oz	35	0	3.8	174.2
	6 oz	42	0	4.5	208.5
cod	1 oz	6.5	0	0.3	28.7
	2 oz	13	0	0.5	56.5
	3 oz	20	0	0.8	87.2
	4 oz	25	0	1	109
	5 oz	33	0	1.3	143.7
	6 oz	39	0	1.5	169.5
cottage cheese (1% fat)	1/2 c	13	6	1	85
	3/4 c	20	9	1.5	129.5
	1 c	26	12	2	170
egg white (large)	1	4.5	0	0	18
	2	9	0	0	36
	3	13.5	0	0	54
	4	18	0	0	72
	5	22.5	0	0	90
	6	27	0	0	108
flank steak	1 oz	7.3	0	4.3	67.9
	2 oz	14	0	8.6	133.4
	3 oz	22	0	13	205
	4 oz	29	0	17	269
	5 oz	37	0	22	346
	6 oz	44	0	26	410
ground beef	1 oz	5.8	0	2	41.2
	2 oz	14	0	4	92
	3 oz	22	0	6	142
	4 oz	23	0	8	164
	5 oz	29	0	10	206
	6 oz	35	0	12	248
haddock	1 oz	6.9	0	0.3	30.3
	2 oz	14	0	0.6	61.4
	3 oz	21	0	0.8	91.2
	4 oz	28	0	1.1	121.9
	5 oz	34	0	1.4	148.6
	6 oz	41	0	1.7	179.3
milk (fat-free, 0%)	8 oz	8	11	0	76
milk (low-fat, 2%)	8 oz	8.1	11.4	4.8	121.2
milk (whole)	8 oz	7.9	11	7.9	146.7
salmon	1 oz	6	0	3.7	57.3
	2 oz	13	0	7.4	118.6
	3 oz	19	0	11	175
	4 oz	25	0	15	235
	5 oz	31	0	19	295
	6 oz	37	0	26	382
scallops	3 oz	19	2.7	1	95.8



shrimp	1 oz	6	0	0.3	26.7
	2 oz	13	0	0.6	57.4
	3 oz	18	0	0.9	80.1
	4 oz	24	0	1.2	106.8
	5 oz	30	0	1.5	133.5
	6 oz	36	0	1.8	160.2
swordfish	1 oz	7.2	0	1.5	42.3
	2 oz	14	0	2.9	82.1
	3 oz	22	0	4.4	127.6
	4 oz	29	0	5.8	168.2
	5 oz	36	0	7.3	209.7
	6 oz	43	0	8.7	250.3
top round	1 oz	9	0	1.6	50.4
	2 oz	18	0	3.2	100.8
	3 oz	27	0	4.8	151.2
	4 oz	36	0	6.4	201.6
	5 oz	45	0	8	252
	6 oz	54	0	9.6	302.4
top sirloin	1 oz	5.5	0	4	58
	2 oz	11	0	8	116
	3 oz	16.6	0	12	174.4
	4 oz	22	0	16	232
	5 oz	27.6	0	20.1	291.3
	6 oz	33.1	0	24.1	349.3
tuna	1 oz	4.6	0	0.8	25.6
	2 oz	9.2	0	1.5	50.3
	3 oz	13.8	0	2.3	75.9
	4 oz	18.5	0	3.1	101.9
	5 oz	23.1	0	3.8	126.6
	6 oz	27.7	0	4.6	152.2
turkey breast	1 oz	8	0	1	41
	2 oz	17	0	2	86
	3 oz	25	0	3	127
	4 oz	34	0	4	172
	5 oz	42	0	5	213
	6 oz	51	0	6	258
veggie cheese	1 oz	6	2	3	59
veggie shred	0.5 oz	3	1	1.5	29.5
veggie slice	1	4	0.5	2	36
whole egg (large)	1	6.3	0.4	4.8	70
STARCHES					
Food	Amount	Protein (g)	Carbs (g)	Fat (g)	Total Calories
bagel	1/2 large	5	28	0.8	139.2
	1 large	10	56	1.6	278.4
brown rice	100g	2.4	24	0.6	111
	125g	2.9	29.4	1	138.2
	150g	3.6	36	1.2	169.2
	175g	4.1	41.1	1.5	194.3
	200g	4.8	48	1.2	222
couscous	100g	3.8	23.2	0.2	109.8
	125g	4.7	29	0.2	136.6
	150g	5.7	34.8	0.2	163.8
	175g	6.6	40.6	0.3	191.5
	200g	7.6	46.4	0.3	218.7



cream of rice (dry)	40g	4.3	24.3	0	114.4
	60g	6.4	36.4	0	171.2
	80g	8.6	48.5	0	228.4
ezekiel bread	1 slice	4	15	0.5	80.5
	2 slices	8	30	1	161
	3 slices	12	45	1.5	241.5
lentil pilaf	100g	5.5	18	0.3	96.7
	125g	6.9	23	0.3	122.3
	150g	8.3	27	0.4	144.8
	175g	9.7	32	0.4	170.4
	200g	11	36	0.5	192.5
oat bran	40g	7	25	3	155
	60g	11	38	4.5	236.5
	80g	14	50	6	310
oatmeal (old fashioned)	40g	5	27	3	155
	60g	7.5	41	4.5	234.5
	80g	10	54	6	310
oatmeal (quick cooking)	1 packet	4	19	2	110
pita bread (whole wheat)	2 oz	4	17	1	93
	4 oz	8	34	2	186
potato	4 oz	2	26	0	112
	5 oz	2.5	32	0	138
	6 oz	3	38	0	164
	7 oz	3.5	44	0	190
	8 oz	4	51	0	220
sweet potato	4 oz	2.4	27	0.2	119.4
	5 oz	3	35	0.25	154.25
	6 oz	3.6	41	0.3	181.1
	7 oz	4.2	48	0.35	211.95
spaghetti (whole wheat)	1/2 cup	3.5	21	0.8	105.2
	1 cup	7	42	1.5	209.5
wheat germ	2 tbsp	4	8	1	57
shredded wheat	1 pc	2.5	22	0.5	102.5
	2 pcs	5	45	1	209
chick peas (boiled)	1/2 cup	7.3	23	2.1	140.1
	3/4 cup	11	34	3.2	208.8
	1 cup	22	68	6.3	416.7
lentils (cooked)	1/2 cup	8.9	20	0.4	119.2
	3/4 cup	13	30	0.6	177.4
	1 cup	18	40	0.8	239.2
kidney beans (boiled)	1/2 cup	7.6	20	0.4	114
	3/4 cup	11	30	0.6	169.4
	1 cup	15	40	0.8	227.2
butternut squash	1/2 cup	0.7	8.1	0.1	36.1
	1 cup	1.4	16	0.2	71.4
pumpkin (canned)	1/2 cup	2	9	0.5	48.5
	1 cup	4	18	1	97



GOOD FATS					
Food	Amount	Protein (g)	Carbs (g)	Fat (g)	Total Calories
avocado	1/4 large	1	4.3	7.4	87.8
	1/2 large	2	8.6	14.7	174.7
	3/4 large	3	12.9	22.1	262.5
	1 large	7	17.1	29.5	361.9
cheese - cheddar	1/2 oz	3.5	0.5	4.5	56.5
	1 oz	7	1	9	113
cheese - mozzarella	1/2 oz	3.2	0	3	39.8
	1 oz	6.3	0	6	79.2
cheese - parmesan	1/2 oz	5.1	0.5	3.7	55.7
	1 oz	10.1	0.9	7.3	109.7
cheese - pepper jack	1/2 oz	3.5	0.5	4.5	56.5
	1 oz	7	1	9	113
cheese - swiss	1/2 oz	4	0	4.5	56.5
	1 oz	8	0	9	113
extra virgin olive oil	1/2 tbsp	0	0	7	63
	1 tbsp	0	0	14	126
flaxseed oil	1/2 tbsp	0	0	5.5	49.5
	1 tbsp	0	0	11	99
fish oil	1g	0	0	1	9
	2g	0	0	2	18
	3g	0	0	3	27
	4g	0	0	4	36
	5g	0	0	5	45
	6g	0	0	6	54
natural almond butter	8g	1.2	1.7	4.8	54.8
	16g	2.4	3.4	9.5	108.7
	32g	4.8	6.8	19	217.4
natural cashew butter	8g	1	2.2	3.8	47
	16g	2	4.5	7.5	93.5
	32g	4	9	15	187
natural peanut butter	8g	2	2	4	52
	16g	4	3	8	100
	32g	8	6	16	200
nuts - almonds	1/2 oz	3	3	7.5	91.5
	1 oz	6	6	15	183
nuts - brazil nuts	1/2 oz	2	1.5	9.5	99.5
	1 oz	4	3	19	199
nuts - peanuts	1/2 oz	3.35	3.05	7	88.6
	1 oz	6.7	6.1	14.1	178.1
nuts - pecans	1/2 oz	1.3	1.9	10.5	107.3
	1 oz	2.7	3.8	21	215
nuts - walnuts	1/2 oz	2	2	9	97
	1 oz	4	4	18	194



FRUITS					
<u>Food</u>	<u>Amount</u>	<u>Protein (g)</u>	<u>Carbs (g)</u>	<u>Fat (g)</u>	<u>Total Calories</u>
apple	1 medium	0	21	1	93
banana	1 medium	2	40	1	177
blueberries	1/2 cup	0	12	0	48
cantalope	1 cup	2	13	0	60
grapes	10 medium	0	9	0	36
honeydew	1 cup	0	13	0	52
kiwis	1 medium	1	11	0	48
mandarin oranges	1/2 cup	0	13	0	52
papaya	1/2 cup	0	7	0	28
pineapple	1/2 cup	0	17	0	68
raisins	1 oz	1	23	0	96
raspberries	1/2 cup	0	7	0	28
strawberries	1/2 cup	1	5	0	24
VEGETABLES					
<u>Food</u>	<u>Amount</u>	<u>Protein (g)</u>	<u>Carbs (g)</u>	<u>Fat (g)</u>	<u>Total Calories</u>
asparagus	10 spears	5	7	1	57
broccoli	1 cup	5	9	0	56
cabbage raw	1 cup	1	4	0	20
carrots	1 cup	1	11	0	48
cauliflower	1 cup	2	5	0	28
cucumber	1/4 cup	1	2	0	12
green beans	1 cup	2	10	0	48
pea pods	1/2 cup	2	5	0	28
romaine lettuce	1 cup	0.6	1.5	0.1	9.3
summer squash	1 cup	2	8	1	49
spinach	1 cup	0.9	1.1	0	8
tomatoes	1/2 cup	1	3	0	16
zucchini	1 cup	1	4	0	20

