

















































calories and protein chart

	1 medium banana 105 cals 1.5 g pro		1 oz raisins 85 cals 1 g pro		edamame, shelled 1/2 cup, cooked 120 cals 13 g pro		2 cups leafy greens 20 calories 1 g pro
	1 cup strawberries 46 cals 1 g pro		2 medjool dates 66 cals 1 g pro		black-eyed peas 1/2 cup, cooked 100 cals 13.5 g pro		quinoa 1/2 cup, cooked 111 cals 4 g pro
	1 cup purple grapes 104 cals 1 g pro		1 oz almonds, (23 ea) 164 cals 6 g pro		green peas 1/2 cup, cooked 62 cals 4 g pro		steel cut oats 1/2 cup, cooked 85 cals 3.5 g pro
	1 cup green grapes 104 cals 1 g pro		1 oz pecans, 19 halves 196 cals 3 g pro		black beans 1/2 cup, cooked 113 cals 8 g pro		brown rice 1/2 cup, cooked 109 cals 2.5 g pro
	2 tangerines medium 94 cals 1.5 g pro		1 oz walnuts, 14 halves 185 cals 4.5 g pro		kidney beans 1/2 cup, cooked 113 cals 8 g pro		wild rice 1/2 cup, cooked 83 cals 3.5 g pro
	1 cup blueberries 84 cals 1.1 g pro		1 oz cashews 157 cals 5.2 g pro		navy beans 1/2 cup, cooked 127 cals 8 g pro		1 baked potato large (299 g) 278 cals 8 g pro
	1 cup blackberries 62 cals 2 g pro		1 tbsp almond butter 98 cals 3.5 g pro		adzuki beans 1/2 cup, cooked 147 cals 9 g pro		1 sweet potato large (180 g) 162 cals 4 g pro
	1 cup raspberries 64 cals 1.5 g pro		6 celery sticks (5" stalks) 18 cals 0.75 g pro		pinto beans 1/2 cup, cooked 122 cals 8 g pro		1 whole grain tortilla sprouted, Ezekiel 80 cals 3 g pro
	1 cup pineapple 82 cals 1 g pro		6 carrot sticks, 5" stalks (~10 baby carrots) 50 cals 1 g pro		garbanzo beans 1/2 cup, cooked 134 cals 7.5 g pro		unrefined EVOO 1 teaspoon or 5 mL 40 cals 0 g pro
	1 medium apple 95 cals 0.5 g pro		1 avocado (136 g) 227 cals 3 g pro		non-GMO corn 2/3 cup, cooked 100 cals 3 g pro		balsamic vinegar 1 tablespoon (15 mL) 20 cals 0.8 g pro
	2 kiwifruit 84 cals 1.6 g pro		1 oz avocado 45 cals 0.6 g pro		mixed vegetables 2/3 cup, cooked 60 cals 2 g pro		4 green olives 16 cals 0.15 g pro
	1 cup cherries 87 cals 1.5 g pro		2 tbsp guacamole 80 cals 2 g pro				Earth Balance butter 1 teaspoon or 5 mL 27 cals 0 g pro
	1 cup cherry tomatoes or ~ 10 each 30 cals 1.5 g pro						

1 TEASPOON (tsp) = 5 MILLILITERS (mL); 1 TABLESPOON (tbsp) = 15 MILLILITERS (mL); 1 OUNCE (oz) = 30 MILLILITERS (mL); 1 CUP = 8 OUNCES (oz) = 240 MILLILITERS (mL)