

Protein Choices	Calories	Protein	Carbs	Fats	Starch Choices	Calories	Protein	Carb	Fat	Vegetable Choices	Calories	Protein	Carbs	Fat	Fruit Choices	Calories	Protein	Carb	Fat
Chicken Breast (100g)	110	23	0	1	Quinoa (cooked) (100g)	143	5	26	2.1	Spinach (100g)	23	2.9	3.6	0.4	Apple (100g)	57	0.4	13.9	0
Chicken Thigh (100g)	177	25	0	10	White Rice (cooked) (100g)	126	2.4	28.7	0.2	Cucumber (100g)	15	0	4	0	Apricots (100g)	53	1.4	11.1	0.3
Turkey Breast (100g)	114	20	0	3	Brown Rice (cooked) (100g)	112	2	24	0.8	Asparagus (100g)	20	2.2	3.9	0.1	Blueberries (100g)	64	0.7	14.5	0.3
Pork Tenderloin (100g)	106	20.3	1	2.2	Basmati Rice(cooked) (100g)	120	3.5	25.1	0.4	Broccoli (100g)	34	2.8	4	0.4	Cherries (with pits) (100g)	70	1.1	16	0.2
Sirloin Steak (100g)	165	30.4	0	4.3	Pasta (cooked) (100g)	140	4.6	29	0.6	Potato (100g)	95	2.5	21	0.1	Figs (100g)	83	0.8	19.2	0.3
Striploin Steak (100g)	228	21	0	15	Gluten Free Pasta (cooked)(100g)	143	3.4	29.3	1.4	Sweet Potato (100g)	89	1.6	20.3	0.1	Grapes (100g)	74	0.6	17.1	0.3
Ribeye Steak (100g)	291	24	0	22	Plain Bagel (1 whole)	260	8	53	1.5	Spaghetti Squash (100g)	27	1	5.5	0	Kiwi (100g)	64	1.1	13.8	0.5
Lean Ground Chicken (100g)	160	18	0	10	White Bread (wonder) (1 Slice)	73	2	14	1	Cauliflower (100g)	34	2.5	4.2	0.5	Lime (100g)	47	0.7	10.5	0.2
Lean Ground Turkey (100g)	141	18.5	0	7.1	English Muffin (wonder) (1 Whole)	133	5	26	1	Brussel Sprouts (100g)	50	3.4	9.1	0	Orange (100g)	57	0.9	13	0.2
Lean Ground Beef (100g)	214	18.5	0	14.9	Mini Pita (1 Whole)	110	3	15	4	Green Beans (100g)	36	2	7	0	Pear (100g)	65	0.4	15.5	0.1
Salmon (100g)	194	20.3	0	12.3	Tortilla Wrap (1 Whole)	136	3.2	21.6	3.9	Spinach (100g)	80	8	12	0	Tangerine (100g)	60	1.1	13.8	0
Tuna (1 Can)	120	30	0	1	Instant Oatmeal Plain (1 pkg)	110	4	19	2	Kale (100g)	60	3.3	10	0.7	Plum (100g)	48	1	11	0
Sole (100g)	90	16	0	2	Instant Steal Cut Oats (1 pkg)	150	5	27	2.5	Romaine Lettuce (100g)	16	1	3	0	Strawberries (100g)	38	0.7	8	0.3
Tilapia (100g)	97	18.5	0	2.2	Rice Cake - plain (1 Whole)	36	1	7	0.4	Cabbage (100g)	30	1.3	5.8	0.1	Watermelon (100g)	36	0.6	8	0.2
Shrimp (12 pieces)	100	21	0	2	Croissant (walmart) (1 Whole)	170	3	23	7	Celery (100g)	17	0.7	3	0.2	Banana (100g)	84	1	19.4	0.2
Lobster (100g)	99	20.5	1.3	0.6	Granola (100g)	460	11.7	58.3	20	Green Pepper (100g)	25	0.8	5	0.2	Raspberries (100g)	58	1.2	11.9	0.6
Peameal Bacon (2 Slices)	100	13	2	3.5	Pita - Full Size (1 Whole)	202	8	38	2	Iceburg Lettuce (100g)	17	1.4	2.8	0	Mango (100g)	58	1.1	12.7	0.3
Turkey Bacon (2 Slices)	90	12	2	3	Waffle (Kirkland) (1 Whole)	105	2	14.5	4	Chopped Onion (100g)	41	1.1	9	0.1	Raisins (100g)	326	2.3	79.1	0
Spiral Ham (100g)	165	18.8	0	8.2	Bread Crumbs (100g)	379	16.7	66.7	5	Mild Salsa (100g)	35	1.6	6.5	0.2	orange juice (1 Cup)	112	2	26	0
Lamb (100g)	250	21	0	18	Croutons- plain (100g)	401	11.9	73.5	6.6	Snowpeas (100g)	43	2.8	7.6	0.2	apple sauce (motts)	53	0.2	13	0
Large Egg (1 egg)	72	6.3	0.4	4.8	Melba Toast (1 Whole)	14	0.4	2.6	0.2	Turnip (100g)	28	0.9	6	0.1	Canteloupe (100g)	38	0.7	8.8	0
Eggwhites (1 Cup)	120	26	2	0	4" Pancake (1 Whole)	114	3	14	5	Kernel Corn (100g)	116	3.3	23.3	1.1	V8 Juice (1 12oz can)	72	3	15	0
Egg Whites (4)	69	14.4	1	0.2	Popcorn - air popped plain (100g)	379	11	74	4.3	Tomatoes (100g)	22	0.9	4.1	0.2	Dates (100g)	272	2	66	0
Tofu (100g)	118	12.6	1	7.1						Green Peas (100g)	79	5.2	13.7	0.4	Nectarine (100g)	55	1.4	11.4	0.4
1% Fat Cottage Cheese (100g)	88	13.3	6.2	1.3						Black Beans (cooked) (100g)	135	8.9	23.7	0.5	Peach (100g)	71	0.9	16.8	0
Lowfat Greek Yogurt (100g)	75	10	4	2						Chick Peas (cooked) (100g)	168	8.8	27.4	2.6	Pineapple (100g)	55	0.5	13.1	0.1
										Eggplant (100g)	30	1	6	0.2	Cranberry fresh (100g)	51	0.4	12.2	0.1
										Kidney Beans (cooked) (100g)	125	9.1	22	0.1					
										Carrots (100g)	44	0.9	9.6	0.2					
										Zucchini (100g)	23	2	3.1	0.3					