

Nutrient Food Values

Protein: 3.5 ounces trimmed of visible fat

	P	C	F
Skinless Chicken Breast	31g	0g	4g
Skinless Turkey Breast	30g	0g	1g
Top Round	36g	0g	4g
Top Sirloin	30g	0g	6g
Salmon	27g	0g	7g
Halibut	27g	0g	3g
Lean Ground Beef	28g	0g	16g
Shrimp	21g	0g	1g
Shark	21g	0g	5g
Deli Roast Beef	28g	7g	4g
Deli Ham	21g	2g	6g
Pork Tenderloin	28g	0g	5g
Canned Tuna	25g	0g	1g
Red Snapper	26g	0g	2g
Egg Whites (6)	24g	2g	0g
Eggs Whole (6)	36g	6g	30g
Plain non-fat Yogurt 8oz	13g	17g	tr
1% Cottage Cheese 1c	28g	6g	2
Plain non-fat Voskos Greek yogurt			

1cup (8oz)	24g	9g	0g
Milk non-fat 1c	8g	12g	tr
Veggie Burger 1 patty	14g	11g	2g
Veggie Chik-N 1 patty	14g	11g	2g
Garden Burger 1 patty	10g	8g	2g

Complex Carbs:
1cup cooked unless indicated

	P	C	F
Oatmeal	6g	25g	2g
Plain Bagel, 1	7g	38g	1g
White Rice	4g	44g	tr
Brown Rice	5g	45g	2g
Macaroni	7g	40g	1g
Spaghetti	7g	40g	1g
Whole Wheat Bread (1 slice)	3g	13g	1g
Corn Tortilla, 1	2g	12g	1g
English Muffin, 1	5g	25g	1g
Black Beans, ½ c	8g	20g	1g
Lentils, ½ c	9g	20g	tr
Kidney Beans ½ c	8g	20g	tr
Potato, 1	5g	51g	tr

Sweet Potato, 1	2g	28g	tr
Tomato, 1lg	2g	8g	tr
Corn ½ c	3g	21g	1g
Avocado, ¼	1g	3g	8g

Fruits:

	P	C	F
Strawberries 1c	1g	11g	tr
Apple, 1	tr	21g	tr
Orange, 1	1g	16g	tr
Grapefruit, ½	tr	9g	0
Banana, 1	1g	28g	tr
Peach, 1	tr	11g	tr
Pineapple, 1c	tr	19g	tr
Pear, 1	tr	25g	tr
Raisins, ¼ c	1g	29g	tr
Apricots, 3	1g	12g	tr
Blueberries, 1c	1g	20g	tr
Plum, 1	tr	9g	tr
Nectarine, 1	1g	16g	tr
Kiwi, 1	tr	11g	tr
Watermelon 1c	1g	12g	0
Raspberries	1g	15g	1g

Nuts:

P C F

Peanut Butter 2tbsp	8g	6g	16g
Walnuts 1oz	7g	3g	16g
Peanuts, 1oz	7g	6g	14g
Flaxseeds 3tbsp	5g	11g	10g

Fibrous Carbs:

	P	C	F
Broccoli, 1c raw	2g	4g	tr
Spinach, 1c	1g	1g	tr
Zucchini, ½ c	tr	4g	tr
Corn ½ c	3g	21g	1g
Romaine lettuce 1c	1g	1g	1g
Mushrooms, 1c	2g	3g	tr
Salsa, ½ c	1g	6g	tr
Cucumber, 1c	1g	3g	tr
Carrot, 1	1g	7g	tr
Onion, 1c	2g	14g	tr
Collard Greens, 1c	tr	3g	tr
Bell Pepper 1c	1g	10g	tr
Green Beans, ½ c	1g	5g	tr
Asparagus, 4 spears	1g	3g	tr