

## Individual Servings

### PROTEIN

	<u>Calories</u>	<u>gms prot</u>	<u>gms fat</u>
1 slice bacon	50	3.5	3.5
1 oz Canadian bacon	44	5.5	2
1 oz lean beef	50	6.5	2.5
filet mignon, flank, London broil			
1 oz pork (loin, trimmed)	44	5.5	2
1 oz dark turkey	44	6	2
1 oz chicken drumstick	33	5.5	1
1 oz salmon	40	5.5	2
1/2 oz cheese	50	3	4
1/2 oz LF cheese	40	4	2.5
1/2 oz cream cheese	50	1	5
1/2 oz light cream cheese	30	1.5	2.5
1 oz LF cottage cheese	25	3.5	.5
1 oz FF cottage cheese	17	4	0
1 egg white	17	3.5	0
1 oz FF cheese	40	9	0
1 oz FF cream cheese	25	4	0
1 oz lean fish	28	5	1.5
(catfish, trout, sturgeon, swordfish, crab, albacore, halibut, mahi mahi, sea bass, sole, shrimp, lobster)			
1 oz clams, mussels	50	7	1.5
1 oz scallops	25	5	.25
1 oz chicken breast	30	7	.25
1 oz turkey breast	30	7	.25
1 oz bison	30	7	.5
1 oz venison	33	6.5	.5
1 piece Yves bacon	25	5	0
1 oz Just Like Ground	25	5	0
1 oz Yves Pepperoni	36	7	0
1 Yves Veggie Weiners	50	11	0
1 cup NF milk	100	9	0
1 cup 1% milk	100	7.5	3
1 cup 2% milk	120	8.5	5
1 cup soy milk	80	7	4
8 oz NF yogurt	100	9	0
8 oz LF yogurt	250	11.5	4.5

## **CARBS**

	<u>Calories</u>	<u>gms prot</u>	<u>gms fat</u>
9 oz apples	150	0	1
10 oz apple cider	150	0	0
4.5 Tbsp apple butter	150	0	0
1.5 cups apple sauce	150	0	0
11 oz apricot	150	0	0
6 oz banana	150	0	0
9.5 oz blueberries	150	0	1
15 oz cantaloupe	150	0	2
7.5 oz cherries (w/pits)	150	0	2
2 oz dates	150	0	0
7 oz figs	150	0	1
14 oz grapefruit	150	0	1
7.5 oz grapes	150	0	2
15 oz honeydew	150	0	0
3 Tbsp NS jam	150	0	0
8 oz mango	150	0	1
11 oz nectarine	150	0	1
11 oz orange	150	0	1
11 oz OJ	150	0	0
12 oz peach	150	0	0
10 oz pears	150	0	0
10 oz pineapple	150	0	0
9 oz plums	150	0	0
2.25 oz prunes	150	0	1
11 oz raspberries	150	0	2
17 oz strawberries	150	0	0
17 watermelon	150	0	2
2 oz breads	150	0	1
3 oz corn tortillas	150	0	0
1.5 oz cereal	150	0	0
1.25 oz baked chips	150	0	0
4 oz pasta (cooked)	150	0	0
.75 cups pasta	150	0	0
.75 cups rice	150	0	0
.75 cups corn	150	0	0
.75 cups beans	150	0	0
1.5 oz popcorn (unpopped)	150	0	0
5 oz baked potato	150	0	0
5 oz yams	150	0	0

## **FATS**

	<u>Calories</u>	<u>gms prot</u>	<u>gms fat</u>
1 Tbsp nut butters	100	0	8
.5 oz nuts	100	0	8
1.5 Tbsp salad dressing	100	0	8
2.5 Tbsp trail mix	100	0	8
2 Tbsp avocado	100	0	8
2.5 Tbsp guacamole	100	0	8
1/3 cup cream	100	0	9
1 Tbsp oils	100	0	8
2.5 oz olives	100	0	8
3.5 Tbsp sour cream	100	0	10