

PROTEIN SOURCES

Source	Serving	Protein	Fat	Carbs
Beef (Ground, 85% lean)	3oz cooked	18	12	0
Beef (Ground, 95% lean)	3oz cooked	26	5	0
Beef Jerky (Original, Jack Links)	3oz	39	3	12
Bison (Ground)	3oz cooked	22	7	0
Chicken (Breast, No Skin)	3oz cooked	19	1	0
Chicken (Thigh, No Skin)	3oz cooked	22	9	0
Cottage Cheese (Fat free, Great Value)	1 cup	28	0	14
Cottage Cheese (2%, Great Value)	1 cup	24	5	10
Crab	3oz cooked	17	1	0
Deli Meat (Black Forest Ham, Dietz & Watson)	3oz	18	1	0
Deli Meat (Chicken Breast, Dietz & Watson)	3oz	17	3	0
Deli Meat (Pepperoni, Dietz & Watson)	3oz	21	18	0
Deli Meat (Roast Beef, Dietz & Watson)	3oz	18	3	0
Deli Meat (Turkey, Dietz & Watson)	3oz	18	1	0
Duck (No Skin)	3oz cooked	20	10	0
Egg Whites	3tbsp	5	0	0
Eggs (Large)	1 large	6	5	0
Fish (Cod)	3oz cooked	19	1	0
Fish (Halibut)	3oz cooked	23	3	0
Fish (Salmon)	3oz cooked	19	11	0
Fish (Snapper)	3oz cooked	22	1	0
Fish (Tilapia)	3oz cooked	22	3	0
Fish (Tuna, canned)	3oz	18	1	0
Fish (Tuna, filet)	3oz cooked	20	3	0
Greek Yogurt (0%, plain, Fage)	1cup	23	0	9
Greek Yogurt (2%, plain, Fage)	1cup	23	4.5	9
Greek Yogurt (Full fat, plain, Fage)	1cup	18	10	8
Lobster	3oz cooked	16	1	0
Pork (Chop, Boneless)	3oz cooked	23	5	0
Pork (Ground, 96% lean)	3oz cooked	27	5	0
Protein Powder (Optimum Nutrition, Vanilla)	31g (1 scoop)	24	1	2
Scallops	3oz cooked	20	1	0
Shrimp	3oz cooked	18	1	0
Steak (Top Sirloin)	3oz cooked	26	4	0
Steak (Strip)	3oz cooked	24	6	0
Tofu	3oz cooked	7	4	1
Turkey (Ground, 90% lean)	3oz cooked	15	8	0
Turkey (Ground, 93% lean)	3oz cooked	17	6	0
Turkey (Ground, 99% lean)	3oz cooked	21	1	0

VEGGIE SOURCES

Source	Serving	Protein	Fat	Carbs	Fiber
Artichoke	1 medium	6	3	14	7
Asparagus	10 spears	4	0	6	3
Bamboo Shoots	1 cup	4	0	8	3
Bean Sprouts	1 cup	6	0	12	4
Beets	1 cup	2	0	13	4
Bell Peppers	1 cup, sliced	1	0	6	2
Bitter Melon	1 cup	1	0	5	3
Broccoli	1 cup, chopped	3	0	6	2
Brussels Sprouts	1 cup	3	0	8	3
Cabbage	1 cup, chopped	1	0	5	2
Carrots	1 cup, chopped	1	0	12	4
Cauliflower	1 cup	2	0	5	3
Celery	6 sticks	1	0	5	2
Collard Greens	1 cup, chopped	1	0	2	1
Cucumber	1 cup, sliced	1	0	4	1
Eggplant	1 cup, cubed	1	0	5	3
Green Beans	1 cup	2	0	8	4
Iceberg Lettuce	1 cup, chopped	1	0	2	1
Jicama	1 cup	1	0	11	6
Kale	1 cup, chopped	2	0	7	1
Leeks	1 cup	1	0	13	2
Long Squash	1 cup	2	0	6	2
Mushroom (White)	1 cup, sliced	4	0	4	2
Mushroom (Portobello)	1 cup	3	0	3	1
Mustard Greens	1 cup, chopped	2	0	3	2
Okra	1 cup	2	0	7	3
Onion	1 cup, chopped	1	0	16	2
Radish	1 cup, sliced	1	0	4	2
Snow Peas	1 cup	2	0	5	2
Spaghetti Squash	1 cup	1	0	10	2
Spinach	1 cup	1	0	1	1
Swiss Chard	1 cup	1	0	1	1
Tomatoes	1 cup, chopped	2	0	7	2
Turnip	1 cup, cubed	1	0	8	2
Yellow Squash	1 cup, chopped	1	0	4	1
Zucchini	1 cup, chopped	2	0	4	1

FRUIT SOURCES

Source	Serving	Protein	Fat	Carbs	Fiber
Apple	1 med (2.75" dia)	0	0	19	3
Apricot	1 cup, sliced	2	1	18	3
Banana	1 med (7-8")	1	0	27	3
Blackberries	1 cup	2	1	14	8
Blueberries	1 cup	1	0	21	4
Cantelope	1 cup, cubed	1	0	13	1
Cherimoya	1 cup, diced	3	1	28	4
Cherries	1 cup, no pits	2	0	23	3
Clementine	1 med	1	0	9	1
Dates	1 date	0	0	6	1
Figs	1 med (1.25" dia)	0	0	10	1
Grape	1 cup	1	0	29	1
Grapefruit	1/2 med (4" dia)	1	0	10	1
Guava	1 cup	4	2	24	9
Jackfruit	1 cup, sliced	2	1	40	3
Kiwi	1 cup	2	1	26	5
Lychee	1 cup	2	1	31	3
Mango	1 cup, sliced	1	0	28	3
Melon (Honeydew)	1 cup, diced	1	0	15	1
Melon (Cantelope)	1 cup, cubed	1	0	13	1
Orange	1 med (1.62" dia)	1	0	15	3
Papaya	1 cup, cubed	1	0	14	3
Peach	1 med (2.5" dia)	1	0	9	2
Pear	1 med (.4lb)	1	0	26	5
Persimmon	1 med (2.5" dia)	1	0	31	6
Pineapple	1 cup, diced	1	0	20	2
Plum	1 med (2.13" dia)	0	0	8	1
Pomegranate	1 med (3.38" dia)	1	0	26	1
Pomelo	1 cup	1	0	18	2
Raspberries	1 cup	1	1	15	8
Strawberries	1 cup, sliced	1	1	13	3
Tangerine	1 med (2.38" dia)	1	0	11	2
Watermelon	1 cup, diced	1	0	11	1

STARCHY CARB SOURCES

Source	Serving	Protein	Fat	Carbs	Fiber
Beans (Black, Cooked)	1/2 cup	14	1	20	8
Beans (Chickpea, Cooked)	1/2 cup	6	2	18	6
Beans (Lentil, Cooked)	1/2 cup	6	1	15	4
Beans (Lima, Cooked)	1/2 cup	5	1	15	3
Beans (Navy, Cooked)	1/2 cup	8	1	21	9
Beans (Pinto, Cooked)	1/2 cup	6	1	18	5
Bread (Bagel, Plain)	1 bagel	11	2	53	2
Bread (English Muffin)	1 muffin	5	1	26	2
Bread (Ezekiel, Whole Grain)	2 slices	8	1	30	6
Bread (Hamburger Bun, Safeway)	1 bun	4	2	20	1
Bread (White, Wonder)	2 slices	3	1	20	1
Bread (Whole Wheat)	2 slices	5	2	26	2
Corn	1/2 cup	3	1	15	2
Couscous (Cooked)	1/2 cup	3	0	17	1
Grits (Cooked)	1/2 cup	1	0	12	0
Oats (Cooked)	1/2 cup	3	1	13	2
Parsnips (Cooked, Sliced)	1/2 cup	1	0	12	4
Pasta (Regular, Cooked)	1/2 cup	4	0	21	1
Pasta (Whole Wheat, Cooked)	1/2 cup	4	0	19	3
Peas	1/2 cup	4	0	11	4
Poi (Taro Brand)	1/2 cup	0	0	33	0
Popcorn (Plain)	1/2 cup	0	0	3	1
Potato (Sweet, Cooked, Cubed)	1/2 cup	2	0	20	2
Potato (White, Cooked)	1/2 cup	2	0	16	1
Plantain (Cooked, Sliced)	1/2 cup	1	0	24	2
Pumpkin (Canned)	1/2 cup	2	0	11	3
Quinoa (Cooked)	1/2 cup	4	2	21	2
Rice (Brown, Cooked)	1/2 cup	3	1	22	2
Rice (Cake, Plain)	2 cakes	2	0	14	0
Rice (White, Cooked)	1/2 cup	2	0	22	0
Squash (Acorn, Cooked, Cubed)	1/2 cup	0	0	8	2
Squash (Butternut, Cooked, Cubed)	1/2 cup	0	0	8	1
Taro (Sliced, Cooked)	1/2 cup	0	0	23	4
Tortilla (Corn, Mission)	2 tortilla	2	2	22	4
Wrap (Spinach, Mission, 70g)	1 wrap	6	5	36	3
Wrap (Whole Wheat, Mission, 70g)	1 wrap	6	5	34	5
Yam (Cooked, Cubed)	1/2 cup	1	0	21	3

FAT SOURCES

Source	Serving	Protein	Fat	Carbs	Fiber
Almond (Butter)	1tbsp	2	9	3	1
Almonds	1oz	6	14	6	3
Avocado	1/2 medium	1	12	6	5
Avocado (Oil)	1tbsp	0	14	0	0
Bacon (Oscar Mayer)	2 pieces	4	6	0	0
Beef (Ground, 75%)	3oz	13	21	0	0
Beef (Sausage)	3oz	6	12	2	0
Brazil Nuts	1oz	4	19	3	2
Butter	1tbsp	0	12	0	0
Canola Oil	1tbsp	0	14	0	0
Cashews	1oz	5	12	9	1
Cheese (American)	1oz	5	7	2	0
Cheese (Bleu)	1oz	6	8	1	0
Cheese (Cheddar)	1oz	7	9	0	0
Cheese (Feta)	1oz	4	6	1	0
Cheese (Mozzarella)	1oz	6	6	1	0
Cheese (Swiss)	1oz	8	8	2	0
Chia Seeds	1tbsp	4	2	4	4
Coconut (Meat)	1oz	1	9	4	3
Coconut (Milk, Canned)	1/3cup	1	11	2	0
Coconut (Oil)	1tbsp	0	14	0	0
Flax Seeds	1tbsp	2	4	3	2
Half & Half	2tbsp	1	3	1	0
Hazelnuts	1oz	4	17	5	3
Heavy Whipping Cream	1tbsp	0	5	1	0
Macadamia Nuts	1oz	2	21	4	2
Olive (Oil)	1tbsp	0	14	0	0
Olives (Green)	10 olives	0	4	1	1
Olives (Kalamata)	10 olives	0	9	2	0
Peanut (Butter)	1tbsp	4	8	3	1
Peanuts (Shelled)	1oz	8	15	4	3
Pecans	1oz	3	20	4	3
Pesto	1tbsp	3	8	1	0
Pine Nuts	1oz	4	19	4	1
Pistachios	1oz	6	13	8	3
Pork (Sausage)	3oz	9	12	0	0
Sesame Oil	1tbsp	0	14	0	0
Sunflower Seeds	1oz	6	14	5	3
Walnuts	1oz	4	18	4	2