

Meat and eggs		Calories	Protein (g)	Carbs (g) starch	Carbs (g) sugar	Fat (g)	Fibre (g)
chicken	1 thigh and leg (100g)	200	25	0	0	10	0
chicken breast	1/2 of a medium breast (100g)	195	30	0	0	8	0
lean ground beef	1 medium patty, 100g, 3.5 oz	170	27	0	0	8	0
steak ribeye	4 oz (115g)	280	22	0	0	20	0
steak top sirloin	4 oz (115g)	230	23	0	0	14	0
stew meat	100g, 3/4 cup cooked diced	300	30	0	0	20	0
tuna in water	1 can 120g	120	26	0	0	1	0
salmon baked	4 oz, 115g, 3/4 cup flaked	160	22	0	0	7	0
haddock, no batter	1 fillet, 4 oz, 115g	195	34	0	0	6	0
shrimp	9 medium shrimp, 85g	70	16	0	0	1	0
bacon fried	1 slice (8g)	42	3	0	0	3	0
pork chop	1 chop, 3oz, 85g	235	25	0	0	14	0
Italian sausage	1 sausage, 5 inches long,	235	13	0	0	20	0
egg	1 large	74	6	0	0	5	0
egg	1 medium	65	5.5	0	0	4.3	0

Dairy		Calories	Protein (g)	Carbs (g) starch	Carbs (g) sugar	Fat (g)	Fibre (g)
milk	1 cup (homo, 3.5%)	145	8	0	13	8	0
milk	1 cup (2%)	122	8	0	12	5	0
cream (half and half, 10%)	1 tbsp (1/2 fluid oz)	20	0.4	0	0.6	1.7	0
yogurt whole milk	3/4 cup vanilla (175g)	150	15	0	11	5	0
old cheddar	1 cubic inch, 1 oz, 28g	120	7	0	0	11	0
old cheddar	1/4 cup shredded (60g)	250	15	0	0	23	0
feta	1 cubic inch, 1 oz, 28g	90	6	0	0	7	0
cottage cheese	1/2 cup (100g)	100	12	0	2	4.5	0

Fat and oils		Calories	Protein (g)	Carbs (g) starch	Carbs (g) sugar	Fat (g)	Fibre (g)
butter	1 tsp	36	0	0	0	4	0
butter	1 tbsp (3 tsp)	100	0	0	0	11.5	0
coconut oil	1 tbsp	120	0	0	0	14	0
olive oil	1 tbsp	120	0	0	0	14	0
olive oil	1/4 cup	480	0	0	0	56	0

Starches and Grains		Calories	Protein (g)	Carbs (g) starch	Carbs (g) sugar	Fat (g)	Fibre (g)
pasta shells	3/4 cup cooked	210	7	40	2	0	2
rice, basmati	3/4 cup cooked	160	4	35	0	0	0
potato	1 medium roasted, 1 cup cubed, 200g	170	4.5	38	1	0	3
sweet potato	1 medium roasted, 1 cup cubed, 200g	170	3	26	8	0	6
quinoa	1/2 cup cooked, 115g	140	5	20	1	2	3
oatmeal	1 cup cooked, 1/2 cup dry, 200g	145	6	21	0	0	4
oatmeal with 1tbsp sugar	1 cup cooked, 1/2 cup dry, 200g	193	6	21	12	0	4
marble rye	1 slice, 35g	90	3	17	0	1	1
Belgian bread	1 slice, 23g	60	2	12	0	0	1

Nuts and nut butter		Calories	Protein (g)	Carbs (g) starch	Carbs (g) sugar	Fat (g)	Fibre (g)
peanuts, dry roasted, salted	1/4 cup, 35g	210	9	3.5	1.5	18	3
peanut butter, all natural	1 tbsp	90	4	3	1	7	1
walnuts	1/4 cup, 35g	200	5	2	0	20	2
almond butter	1 tbsp	100	2.5	0.5	0.5		0.6

Veggies and legumes		Calories	Protein (g)	Carbs (g) starch	Carbs (g) sugar	Fat (g)	Fibre (g)
carrots	1/2 cup sliced, 75g	40	0.6	1.5	2.5	0	2.5
carrots	1/2 cup sliced, 50g	10	0.7	3	1.5	0	1
squash, butternut	1/2 cup cooked, 75g	35	1	6	1.5	0	0.7
beets	1/2 cup cooked, 60g	50	1.5	0.2	6	0	1.5
tomato	1 medium, 100g	22	1	0	3	0.2	1.5
salad veggies	1 cup, 30g	7	0.8	1	0	0	1
cooked greens	1 cup, 200g	45	5	3	0	0	4
frozen mixed veggies	1 cup						
fibrous veg like peppers, mushrooms, zucchini	1 cup sliced, 75g	15	2	2.5	1	0	1
broccoli cooked	1 cup, 100g	35	2.3	3	1.3	0	3
broccoli raw	1 cup, 100g	25	1.1	1.5	3	0	2
cauliflower	1 cup cooked, 200g	40	3	0	2.3	0	5
green beans	1 cup, 100g	35	2	2	1.5	0	3.7
peas	1/2 cup cooked, 45g	60	3.9	2.5	4	0	3.75
lentils	1/2 cup cooked, 100g	160	8	10	1.75	7	7
black beans	1/2 cup, 100g	110	7	12	0	0	8
brown beans, canned with sugar and bacon	1/2 cup, 130g	160	8	12	12	1.5	8
chick peas	1/2 cup, 130g	110	6	11	1	2	6

Fruit		Calories	Protein (g)	Carbs (g) starch	Carbs (g) sugar	Fat (g)	Fibre (g)
banana	1 medium, 7 inches	105	1.2	10	14	0	3
apple, granny smith	1 medium, 3in diameter	75	0.5	3	15	0	3.5
blueberries	1/2 cup, 75g	42	1	1	7	0	2
navel orange	1 medium, 3 in diameter, 175g	70	1	3	12	0	3
plum	1 plum, 65g	30	0.4	0	6.5	0	1
frozen mixed berries	1/2 cup, 70g	40	0.5	1.5	4.5	0	4.5
cantaloupe	1/2 cup, fresh chopped, 100g	30	0.75	1	7	0	2
pineapple	1/2 cup fresh chopped, 75g	40	0.4	2	8	0	1.5
kiwi	1 kiwi, 75g	45	0.8	2	7	0	2.3
green grapes	1/2 cup, 100g	70	0.7	2	16	0	1
raisins	1/4 cup, 40g	120	1	7	24	0	1

Condiments		Calories	Protein (g)	Carbs (g) starch	Carbs (g) sugar	Fat (g)	Fibre (g)
ketchup	1 tbsp	15	0	0.2	3.5	0	0
mustard	1 tbsp	0	0	0	0	0	0
mayo real with olive oil	1 tbsp	50	0	0	0	5	0
Salad dressing vinaigrette	1/4 cup, homemade, olive oil and vinegar	200	0	0	0	20	0
Sugar	1 tsp, 4g	16	0	0	4	0	0
Sugar	1 tbsp, 3 tsp, 12g	48	0	0	12	0	0
honey	1 tbsp	65	0	0	17	0	0