|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **F O O D B I B L E** | | | | | | | | | | | | |
| **BEVERAGES**  **SUGARS** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ALCOHOL** |  |  |  |  |  |  |  |  |  |  |  |  |
| Aquivet Bourbon Brandy Gin Rum Tequila Vodka Whiskey 86 Proof | 1.5 oz | 104 | 0 | 0 | 0 | 0 | 0 | 0 | N | C | C | **Y** |
| Beer: Regular | 12 oz | 150 | 1 | 13 | n/a | n/a | 0 | 0 | N | N | C | **Y** |
| Black Russian Cocktail | 1.5 oz | 115 | 0 | 8 | 0 | 6 | 0 | 0 | N | N | C | **Y** |
| Bloody Mary | 8 oz | 50 | 1 | 8 | 1 | 5 | 0 | 0 | N | N | C | **Y** |
| Coffee & Cream Liqueur | 1.5 oz | 153 | 1 | 10 | 0 | 9 | 7 | 5 | N | N | C | **Y** |
| Coffee Liqueur: 63 Proof | 1.5 oz | 161 | 0 | 17 | 0 | 17 | 0 | 0 | N | N | C | **Y** |
| Daiquiri | 8 oz | 185 | 0 | 47 | 1 | 46 | 0 | 0 | N | N | C | **Y** |
| Gin & Tonic Cocktail | 6 oz | 117 | 0 | 6 | 0 | 6 | 0 | 0 | N | N | C | **Y** |
| Harvey Wall Banger | 6 oz | 145 | 1 | 15 | 0 | 15 | 0 | 0 | N | N | C | **Y** |
| Margarita | 1.5 oz | 94 | 0 | 6 | 0 | 6 | 0 | 0 | N | N | C | **Y** |
| Martini | 1.5 oz | 103 | 0 | 1 | 0 | 0 | 0 | 0 | N | N | C | **Y** |
| Piña Colada | 1.5 oz | 82 | 0 | 11 | 0 | n/a | 1 | 1 | N | C | C | **Y** |
| Sangria | 5 oz | 98 | 0 | 13 | 0 | n/a | 0 | 0 | N | N | C | **Y** |
| Screwdriver | 6 oz | 145 | 1 | 15 | 0 | 15 | 0 | 0 | N | N | C | **Y** |
| Sloe Gin Fizz | 6 oz | 93 | 0 | 2 | 0 | n/a | 0 | 0 | N | N | C | **Y** |
| Whiskey Sour Cocktail | 6 oz | 289 | 0 | 28 | 0 | 28 | 0 | 0 | N | C | C | **Y** |
| White Russian | 1.5 oz | 109 | 0 | 7 | 0 | 6 | 1 | 0 | N | N | C | **Y** |
| Wine: Coolers or Spritzers | 5 oz | 59-71 | 0 | 1-8 | 0 | n/a | 0 | 0 | N | N | C | **Y** |
| **WINE**: Chardonnay Chenin Blanc Pinot Gris Grigio Gewürztraminer Sherry Sauvignon Semillon Red Burgundy Cabernet Merlot Zins Etc | 5 oz | 102-131 | 0 | 2-5.5 | 0 | 2-5.5 | 0 | 0 | N | C | C | **Y** |
| **WINE**: Dessert (Dry or Sweet) Sherry Japanese Rice Marsala Plum, Port Rice (Sake) White (Vermouth) | 5 oz | 195-238 | 0 | ~23 | 0 | ~23 | 0 | n/a | N | N | C | **Y** |
| Wine: Mirin | 5 oz | 336 | 1 | 47 | 0 | 47 | 0 | 0 | N | N | C | **Y** |
| **COFFEE TEAS &**  **HOT CHOCOLATE** |  |  |  |  |  |  |  |  |  |  |  |  |
| Cappuccino: Fat Free Milk | 8 oz | 53 | 5 | 7 | 0 | 7 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Cappuccino: Low Fat Milk | 8 oz | 73 | 5 | 7 | 0 | 7 | 2 | 2 | N | **Y** | **Y** | **Y** |
| **\*Coffee:**  **Brewed Instant Regular or Decaf** | **8 oz** | **1-12** | **0-1** | **0-2** | **0** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Coffee Latte: Single or Double  with Fat-Free Milk | 8 oz | 47 | 5 | 7 | 0 | 6 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Coffee Latte: Single or Double with  Low-Fat Milk | 8 oz | 60 | 5 | 7 | 0 | 6 | 2 | 1 | N | C | **Y** | **Y** |
| Coffee Latte: Regular or Silk Soy | 8 oz | 145-170 | 5-6 | 20-29 | 0 | 18-23 | 4 | 0 | N | N | C | **Y** |
| Coffee: Mocha with Fat-Free Milk | 8 oz | 120 | 8 | 22 | 1 | 19 | 1 | 0 | N | N | C | **Y** |
| Coffee: Mocha with Low-Fat Milk | 8 oz | 200 | 8 | 22 | 1 | 19 | 1 | 6 | N | N | C | **Y** |
| **\*Espresso Regular or Decaf** | **4 oz** | **11** | **0** | **2** | **0** | **2** | **10** | **0** | **Y** | **Y** | **y** | **Y** |
| **\*Tea All Flavors: Regular or Decaf**  **Mint Green Oolong Chamomile Herbal or Yerba Maté** | **8 oz** | **0-2** | **0** | **0** | **0** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Hot Cocoa: Sugar-Free with Water | 8 oz | 66 | 3 | 12 | 1 | 0 | 0 | 0 | N | C | **Y** | **Y** |
| Hot Cocoa: Sugar-Free Low-Fat Milk | 8 oz | 158 | 8 | 27 | 1 | n/a | 3 | 2 | N | N | C | C |
| Hot Cocoa: with Water | 8 oz | 125 | 2 | 26 | 1 | 23 | 1 | 1 | N | N | C | **Y** |
| Hot Cocoa: with Whole Milk | 8 oz | 193 | 7 | 27 | 1 | n/a | 8 | 5 | N | N | C | **Y** |
| **BEVERAGES**  **SUGARS** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **JUICES** |  |  |  |  |  |  |  |  |  |  |  |  |
| Aloe Vera Juice | 4 oz | 45 | 1 | 11 | 0 | 0 | 0 | 0 | N | N | **Y** | **Y** |
| Apple Juice | 4 oz | 58 | 0 | 14 | 0 | 14 | 0 | 0 | N | N | **Y** | **Y** |
| Carrot Juice | 4 oz | 47 | 1 | 11 | 1 | 5 | 0 | 0 | N | C | **Y** | **Y** |
| Cherry Juice | 4 oz | 70 | 0 | 17 | 0 | 16 | 0 | 0 | N | N | **Y** | **Y** |
| Cranberry Juice | 4 oz | 58 | 0 | 15 | 0 | 15 | 0 | 0 | N | N | **Y** | **Y** |
| Grape Juice | 4 oz | 77 | 1 | 19 | 0 | 19 | 0 | 0 | N | N | **Y** | **Y** |
| Grapefruit Juice | 4 oz | 47 | 1 | 11 | 0 | 11 | 0 | 0 | N | C | **Y** | **Y** |
| Guava Juice Drink | 4 oz | 66 | 0 | 17 | 1 | 16 | 0 | 0 | N | N | **Y** | **Y** |
| Lemon Juice | 4 oz | 30 | 0 | 10 | 0 | 3 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Lime Juice | 4 oz | 31 | 1 | 10 | 0 | 2 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Mango Nectar Juice | 4 oz | 72 | 0 | 19 | 1 | 18 | 0 | 0 | N | N | **Y** | **Y** |
| Orange Juice | 4 oz | 56 | 1 | 13 | 0 | 10 | 0 | 0 | N | C | **Y** | **Y** |
| Passion Fruit Juice | 4 oz | 63 | 0 | 17 | 0 | 17 | 0 | 0 | N | N | **Y** | **Y** |
| Pineapple Juice | 4 oz | 66 | 0 | 16 | 0 | 12 | 0 | 0 | N | N | **Y** | **Y** |
| Pomegranate Juice | 4 oz | 70 | 1 | 18 | 0 | 17 | 0 | 0 | N | N | **Y** | **Y** |
| Prune Juice | 4 oz | 90 | 1 | 22 | 1 | 21 | 0 | 0 | N | N | **Y** | **Y** |
| Tomato Juice | 4 oz | 21 | 1 | 5 | 0 | 4 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Vegetable Juice: V8 | 4 oz | 25 | 1 | 5 | 1 | 4 |  | 0 | N | **Y** | **Y** | **Y** |
|  | | | | | | | | | | | | |
| **MILK & NON-DAIRY** |  |  |  |  |  |  |  |  |  |  |  |  |
| Almond: |  |  |  |  |  |  |  |  |  |  |  |  |
| Original | 8 oz | 60 | 1 | 8 | 1 | 7 | 2.3 | 0 | N | C | **Y** | **Y** |
| Original Unsweetened | 8 oz | 40 | 1 | 2 | 1 | 0 | 3 | 0 | N | N | C | **Y** |
| Chocolate | 8 oz | 120 | 2 | 22 | 1 | 20 | 3 | 0 | N | N | C | **Y** |
| Chocolate: Unsweetened | 8 oz | 45 | 1 | 16 | 1 | 0 | 3.5 | 0 | N | C | **y** | **Y** |
| Vanilla | 8 oz | 90 | 1 | 16 | 1 | 15 | 2.5 | 0 | N | C | **Y** | **Y** |
| Vanilla Unsweetened | 8 oz | 40 | 1 | 2 | 1 | 0 | 3 | 0 | N | C | **Y** | **Y** |
| Buttermilk: Cultured, Low-Fat | 1 oz | 110 | 7 | 14 | 0 | 14 | 2 | 1 | N | N | C | **Y** |
| Evaporated Milk: Fat-Free | 4 oz | 88 | 1 | 14 | 0 | 14 | 0 | 0 | N | N | C | **Y** |
| Half-&-Half | 1 oz | 37 | 1 | 1 | 0 | 1 | 0 | 0 | N | C | **Y** | **Y** |
| Hot Cocoa: Sugar Free w/Water | 8 oz | 66 | 3 | 12 | 1 | 0 | 1 | 0 | N | C | **Y** | **Y** |
| Hot Cocoa: Sugar Free  w/Low Fat Milk | 8 oz | 158 | 8 | 27 | 1 | n/a | 3 | 2 | N | C | **Y** | **Y** |
| Hot Cocoa: with Water | 8 oz | 125 | 2 | 26 | 1 | 23 | 1 | 1 | N | N | C | **Y** |
| Hot Cocoa: with Whole Milk | 8 oz | 193 | 7 | 27 | 1 | n/a | 8 | 5 | N | N | C | **Y** |
| Milk: Fat-Free | 8 oz | 90 | 9 | 13 | 0 | 12 | 0 | 0 | N | C | **Y** | **Y** |
| Milk: Low-Fat 1% | 8 oz | 118 | 10 | 14 | 0 | 11 | 3 | 2 | N | C | **Y** | **Y** |
| Milk: Reduced-Fat 2% | 8 oz | 122 | 8 | 11 | 0 | 11 | 5 | 3 | N | C | **Y** | **Y** |
| Milk: Whole | 8 oz | 146 | 8 | 11 | 0 | 11 | 8 | 5 | N | C | C | **Y** |
| Rice Milk | 8 oz | 144 | 3 | 28 | 2 | n/a | 2 | 0 | N | N | C | **Y** |
| Soy Milk | 8 oz | 127 | 11 | 12 | 3 | 1 | 5 | 1 | N | C | **Y** | **Y** |
| Soy Milk: Light | 8 oz | 70 | 6 | 8 | 1 | 6 | 2 | 0 | N | C | **Y** | **Y** |
|  | | | | | | | | | | | | |
| **SODA** |  |  |  |  |  |  |  |  |  |  |  |  |
| Cola: Regular | 8 oz | 100 | 0 | 25.5 | 0 | 25.5 | 0 | 0 | N | N | C | **Y** |
| Cola: Diet | 8 oz | 0-1 | 0 | 0 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Crystal Light: Any Flavor | 1 serving | 5 | 0 | 0 | n/a | 0 | 0 | n/a | N | **Y** | **Y** | **Y** |
| Snapple: All Flavors | 8 oz | 0-10 | 0 | 1-4 | n/a | 0-3 | 0 | n/a | N | **Y** | **Y** | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ENTREES**  **PROTEINS** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **EGGS FISH SHELLFISH**  **& MISCELLANEOUS** |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **EGGS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **\*Eggs** | **1 Large** | **74-78** | **6** | **0** | **0** | **0** | **5** | **2** | **C** | **Y** | **Y** | **Y** |
| **\*Egg: White Raw** | **1 Large** | **17** | **4** | **0** | **0** | **0** | **0** | **0** | **C** | **Y** | **Y** | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **FISH** |  |  |  |  |  |  |  |  |  |  |  |  |
| Caviar: Red or Black | 1 tsp | 40 | 4 | 1 | 0 | 0 | 3 | 1 | N | C | **Y** | **Y** |
|  | | | | | | | | | | | | |
| \*\* **These Fish Are Not Specifically Excluded By Dr. Simeons & Meet The Nutritional Criteria of The 500 Calorie Phase 2**  **Some Consider These Questionable & To Be Conservative Avoid: They May Slow You Down!!!** | | | | | | | | | | | | |
| **\*Low-Fat Low-Calorie And Allowed During 500 Calorie Phase**:  Sea Bass: Striped Turbot Cisco Cod Atlantic Ling Ling Pacific Cask Dolphin\*\* Mahi-Mahi\*\* Flounder Grouper Haddock Monkfish Northern Pike Ocean Perch: Atlantic Orange Roughy Pike Walleye Pollock: Atlantic Rockfish: Pacific Rainbow Smelt Snapper Sole Tarpon\*\* Tilapia Walleye Pike Whiting Wolf Fish: Atlantic Raw | **4 oz** | **81-109** | **12-30** | **0-1** | **0** | **0** | **1-2** |  | **Y** | **Y** | **Y** | **Y** |
| **Low-Fat, Low-Calorie:**  **Not Allowed in 500 Calorie Phase 2**:  Carp, Brown Trout, Catfish: Wild/ Farmed Cisco Croaker Devilfish: Alaskan Dolphin\*\* Drum Fish Halibut: Atlantic Mackerel: King Mahi-Mahi\*\* Mullet Striped Salmon: Chum/Pink Scallops\* Shark Smelt Rainbow Snapper Sturgeon Swordfish Trout: Wild Rainbow Tarpon\*\* Tilefish Trout: Sea Tuna: Slipjack/ Yellow Fin Tuna: White Canned In Water Turbot Whitefish: Atlantic Wolf Fish: Atlantic Raw | 4 oz | 108-153 | 13-27 | 0-1 | 0 | 0 | 2-9 | 0-1 | N | **Y** | **Y** | **Y** |
| (**High Fat and Calories**): Butterfish Herring Greenland Mackerel Shad: Atlantic Pacific Spanish Milkfish Sablefish Salmon: Atlantic Chinock Coho Sockeye Tuna: Blue Fin Raw | 4 oz | 158-240 | 15-24 | 0 | 0 | 0 | 2-9 | 2-4 | N | **Y** | **Y** | **Y** |
| **SHELLFISH** |  |  |  |  |  |  |  |  |  |  |  |  |
| **\*Crab: Alaskan King Blue Snow Dungeness Queen Steamed Baked** | **3 oz** | **83-117** | **16-20** | **0-1** | **0** | **0-1** | **0-2** | **0-1** | **Y** | **Y** | **Y** | **Y** |
| Crab Cake | 1 | 160 | 11 | 5 | 0 | 0 | 10 | 2 | N | Y | Y | Y |
| **\*Crayfish: Wild or Farmed Steamed** | **3 oz** | **70-74** | **14-15** | **0** | **0** | **0** | **1** | **0** | **Y** | **Y** | **Y** | **Y** |
| **\*Lobster: Steamed** | **3 oz** | **83** | **17** | **1** | **0** | **0** | **1** | **0** | **Y** | **Y** | **Y** | **Y** |
| Scallops: Raw | 4 oz | 100 | 18 | 3 | 0 | 0 | 1 | 0 | C | **Y** | **Y** | **Y** |
| **\*Shrimp: Cooked** | **3 oz** | **101** | **21** | **0** | **0** | **0** | **2** | **0** | **Y** | **Y** | **Y** | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ENTREES**  **Proteins Continued** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **MEAT** |  |  |  |  |  |  |  |  |  |  |  |  |
| **\*Alligator** | **3 oz** | **197** | **39** | **0** | **0** | **0** | **5** | **2** | **Y** | **Y** | **Y** | **Y** |
| **BEEF** |  |  |  |  |  |  |  |  |  |  |  |  |
| **\*Bottom Round: Cooked** | **3 oz** | **139** | **24** | **0** | **0** | **0** | **5** | **2** | **Y** | **Y** | **Y** | **Y** |
| Brisket Flat: Lean | 3 oz | 174 | 28 | 0 | 0 | 0 | 6 | 2 | N | **Y** | **Y** | **Y** |
| Chuck Roast: Lean | 3 oz | 179 | 28 | 0 | 0 | 0 | 6 | 2 | N | **Y** | **Y** | **Y** |
| Corned Beef: Cooked | 3 oz | 215 | 15 | 0 | 0 | 0 | 16 | 5 | N | **Y** | **Y** | **Y** |
| Cotto Salami: Beef | 1 oz | 58 | 4 | 1 | 0 | 0 | 4 | 2 | N | **Y** | **Y** | **Y** |
| **\*Eye Round: Lean Cooked** | **3 oz** | **138** | **25** | **0** | **0** | **0** | **3** | **1** | **Y** | **Y** | **Y** | **Y** |
| Filet Mignon: Lean Broiled | 3 oz | 179 | 24 | 0 | 0 | 0 | 9 | 3 | C | **Y** | **Y** | **Y** |
| **\*Flank Steak: Lean Broiled** | **3 oz** | **158** | **24** | **0** | **0** | **0** | **6** | **3** | **Y** | **Y** | **Y** | **Y** |
| **\*Ground Beef: 85% Lean Broiled** | **3 oz** | **230** | **22** | **0** | **0** | **0** | **15** | **6** | **Y** | **Y** | **Y** | **Y** |
| **\*Ground Beef:**  **93% Extra Lean Broiled** | **3 oz** | **130** | **22** | **0** | **0** | **0** | **5** | **2** | **Y** | **Y** | **Y** | **Y** |
| Hotdog, Beef: 97% Fat Free | 1.7 oz | 45 | 6 | 3 | 0 | o | 1 | 1 | N | C | **Y** | **Y** |
| Jerky: Beef | 1 oz | 116 | 9.5 | 3.1 | 0.5 | 2.6 | 7.3 | 3.1 | N | C | **Y** | **Y** |
| **\*Rib Pot Roast: Lean Roasted** | **3 oz** | **131** | **15** | **0** | **0** | **0** | **7** | **3** | **Y** | **Y** | **Y** | **Y** |
| **\*Rib Steak: Lean Roasted** | **3 oz** | **81** | **11** | **0** | **0** | **0** | **4** | **2** | **Y** | **Y** | **Y** | **Y** |
| Roast, Lean: Roasted | 3 oz | 169 | 24 | 0 | 0 | 0 | 7 | 3 | C | **Y** | **Y** | **Y** |
| Roast Beef: Lunch Meat | 1 oz | 30-35 | 6-7 | 1 | 0 | 0 | 4 | 2 | N | **Y** | **Y** | **Y** |
| Salami Beef: Cooked | 1 oz | 73 | 4 | 1 | 0 | 0 | 6 | 2 | N | **Y** | **Y** | **Y** |
| Salami Beef: Lean Sliced | 1 oz | 45 | 4 | 1 | 0 | 0 | 2 | 1 | N | **Y** | **Y** | **Y** |
| Short Ribs: Lean w/Bone Braised | 3 oz | 65 | 7 | 0 | 0 | 0 | 4 | 2 | N | **Y** | **Y** | **Y** |
| Sirloin Steak: Broiled | 3 oz | 236 | 22 | 0 | 0 | 0 | 16 | 6 | N | **Y** | **Y** | **Y** |
| Top Sirloin Steak: Lean Broiled | 3 oz | 166 | 26 | 0 | 0 | 0 | 6 | 2 | C | **Y** | **Y** | **Y** |
| Stew Meat Lean: Cooked | 3 oz | 210 | 27 | 0 | 0 | 0 | 10 | 4 | N | **Y** | **Y** | **Y** |
| T-Bone: Lean Broiled | 3 oz | 168 | 22 | 0 | 0 | 0 | 8 | 3 | C | **Y** | **Y** | **Y** |
| Tenderloin: Lean Boneless | 4 oz | 163 | 24 | 0 | 0 | 0 | 6 | 2 | C | **Y** | **Y** | **Y** |
| Top Round Steak: Braised | 3 oz | 177 | 24 | 0 | 0 | 0 | 8 | 3 | C | **Y** | **Y** | **Y** |
| **BISON** |  |  |  |  |  |  |  |  |  |  |  |  |
| Bison: Ground, Pan Broiled | 3 oz | 202 | 20 | 0 | 0 | 0 | 0 | 13 | N | **Y** | **Y** | **Y** |
| Bison: Roast Roasted | 3 oz | 123 | 24 | 0 | 0 | 0 | 0 | 2 | C | **Y** | **Y** | **Y** |
| Boar: Wild Cooked | 3 oz | 136 | 24 | 0 | 0 | 0 | 0 | 4 | N | **Y** | **Y** | **Y** |
| **CHICKEN** |  |  |  |  |  |  |  |  |  |  | **Y** |  |
| Buffalo Wing: Spicy | 3 oz | 261 | 22 | 0 | 0 | 0 | 0 | 19 | N | **Y** | **Y** | **Y** |
| **\*Chicken Breast: No Skin Cooked** | **3 oz** | **128** | **25** | **0** | **0** | **0** | **0** | **3** | **Y** | **Y** | **Y** | **Y** |
| Chicken Breast: Fat-Free Sliced | 3 oz | 67 | 14 | 2 | 0 | 0 | 0 | 0 | **Y** | **Y** | **Y** | **Y** |
| Chicken Drumstick: Thigh Cooked | 3 oz | 149-174 | 15-22 | 0 | 0 | 0 | 0 | 5-9 | N | **Y** | **Y** | **Y** |
| Hotdog: Chicken | 1 | 116 | 4 | 3 | 0 | 0 | 0 | 9 | N | C | **Y** | **Y** |
| Chicken: Liver Pate | 1 oz | 57 | 4 | 2 | 0 | 0 | 0 | 4 | N | **Y** | **Y** | **Y** |
| Chicken: Deli Lunchmeat | 1 oz | 30 | 6 | 1 | 0 | 0 | 1 | 1 | N | **Y** | **Y** | **Y** |
| **DUCK** |  |  |  |  |  |  |  |  |  |  |  |  |
| Duck: Breast, Without Skin | 3 oz | 119 | 23 | 0 | 0 | 0 | 2 | 0 | N | **Y** | **Y** | **Y** |
| Duck: Whole, Roasted, Chopped | 3 oz | 238-287 | 16-20 | 0 | 0 | 0 | 17-24 | 6-8 | N | **Y** | **Y** | **Y** |
| Emu: Fan Filet or Ground, Broiled | 3 oz | 131-139 | 24-27 | 0 | 0 | 0 | 2-4 | 1 | N | **Y** | **Y** | **Y** |
| Goose: Whole Roasted | 3 oz | 259 | 21 | 0 | 0 | 0 | 18 | 6 | N | **Y** | **Y** | **Y** |
| Goat: Baked, Broiled or Roasted | 3 oz | 122 | 12 | 0 | 0 | 0 | 3 | 1 | N | **Y** | **Y** | **Y** |
| Ostrich: Ground Top Loin Cooked | 3 oz | 121-132 | 22-25 | 0 | 0 | 0 | 3-6 | 1-2 | N | **Y** | **Y** | **Y** |
| Pheasant: Whole, Cooked | 3 oz | 210 | 28 | 0 | 0 | 0 | 10 | 1 | N | **Y** | **Y** | **Y** |
| Quail: Whole Cooked | 3 oz | 199 | 21 | 0 | 0 | 0 | 12 | 3 | N | **Y** | **Y** | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ENTREES**  **PROTEINS Continued** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **VENISON** |  |  |  |  |  |  |  |  |  |  |  |  |
| Chopped Cooked | 3 oz | 177 | 25 | 0 | 0 | 0 | 8 | 2 | N | **Y** | **Y** | **Y** |
| Stewed | 3 oz | 145 | 28 | 0 | 0 | 0 | 3 | 1 | N | **Y** | **Y** | **Y** |
| Jerky | 1 oz | 116 | 9.4 | 3.1 | 0.5 | 2.6 | 7.3 | 3.1 | N | C | **Y** | **Y** |
| **LAMB** |  |  |  |  |  |  |  |  |  |  |  |  |
| Center Slice Lion Ribs Sirloin Chop | 3 oz | 160-183 | 21-23 | 0 | 0 | 0 | 7-10 | 3-6 | N | **Y** | **Y** | **Y** |
| Ground Broiled | 3 oz | 241 | 21 | 0 | 0 | 0 | 17 | 7 | N | **Y** | **Y** | **Y** |
| **PORK** |  |  |  |  |  |  |  |  |  |  |  |  |
| Bacon: Cooked | 2 oz | 34 | 2 | 0 | 0 | 0 | 3 | 1 | N | **Y** | **Y** | **Y** |
| Canadian Bacon: Grilled | 1 oz | 52 | 7 | 0 | 0 | 0 | 2 | 1 | N | **Y** | **Y** | **Y** |
| Chitlins: Cooked | 1 oz | 66 | 4 | 0 | 0 | 0 | 6 | 3 | N | **Y** | **Y** | **Y** |
| Chop: Center Lean w/ Bone Braised | 2.6 oz | 149 | 22 | 0 | 0 | 0 | 6 | 2 | N | **Y** | **Y** | **Y** |
| Chop Sirloin: Lean w/ Bone Braised | 2.5 oz | 142 | 19 | 0 | 0 | 0 | 6 | 2 | N | **Y** | **Y** | **Y** |
| Ground: Cooked | 3 oz | 253 | 22 | 0 | 0 | 0 | 18 | 7 | N | **Y** | **Y** | **Y** |
| Hotdog: Pork | 2.7 oz | 204 | 10 | 0 | 0 | 0 | 18 | 7 | N | **Y** | **Y** | **Y** |
| Hotdog: Pork Beef Turkey Fat-Free | 1.8 oz | 50 | 6 | 6 | 0 | 2 | 0 | 0 | N | C | **Y** | **Y** |
| Prosciutto: Sliced | .5 oz | 50 | 4 | 0 | 0 | 0 | 2 | 1 | N | **Y** | **Y** | **Y** |
| Pulled With Sauce | 3 oz | 147 | 13 | 8 | 0 | n/a | 7 | 2 | N | C | **Y** | **Y** |
| Ribs: Country-Style Lean Braised | 3 oz | 199 | 22 | 0 | 0 | 0 | 12 | 4 | N | **Y** | **Y** | **Y** |
| Roast: Center Loin Roasted | 3 oz | 169 | 23 | 0 | 0 | 0 | 8 | 3 | N | **Y** | **Y** | **Y** |
| Salami: Italian Port | 1 oz | 120 | 6 | 0 | 0 | 0 | 10 | 4 | N | **Y** | **Y** | **Y** |
| Sausage: Cooked | .5 oz | 44 | 3 | 0 | 0 | 0 | 4 | 1 | N | **Y** | **Y** | **Y** |
| Scrapple | 2 oz | 119 | 5 | 8 | 0 | 0 | 8 | 3 | N | **Y** | **Y** | **Y** |
| Tenderloin: Roasted | 3 oz | 139 | 24 | 0 | 0 | 0 | 4 | 1 | N | **Y** | **Y** | **Y** |
| **VEAL** |  |  |  |  |  |  |  |  |  |  |  |  |
| Breast: Braised | 3 oz | 226 | 23 | 0 | 0 | 0 | 14 | 6 | **N** | **Y** | **Y** | **Y** |
| Cube Steak | 3 oz | 220 | 14 | 0 | 0 | 0 | 18 | 8 | **N** | **Y** | **Y** | **Y** |
| **\*Ground: 8% Fat Broiled** | **3 oz** | **146** | **21** | **0** | **0** | **0** | **6** | **3** | **Y** | **Y** | **Y** | **Y** |
| Leg: Lean Cubed Braised | 3 oz | 160 | 30 | 0 | 0 | 0 | 4 | 1 | C | **Y** | **Y** | **Y** |
| **Leg:**  **\*Top Round Steak Lean Roasted** | **3 oz** | **128** | **24** | **0** | **0** | **0** | **3** | **1** | **Y** | **Y** | **Y** | **Y** |
| Loin or Loin Chop: Braised | 3 oz | 185-192 | 21-29 | 0 | 0 | 0 | 6-8 | 2 | N | **Y** | **Y** | **Y** |
| Loin Chop Cutlet: Braised | 3 oz | 242 | 26 | 0 | 0 | 0 | 15 | 6 | N | **Y** | **Y** | **Y** |
| **\*Shank Roast: Braised** | **3 oz** | **151** | **27** | **0** | **0** | **0** | **4** | **1** | **Y** | **Y** | **Y** | **Y** |
| **\*Short RIB: Lean Roasted** | **3 oz** | **143** | **21** | **0** | **0** | **0** | **6** | **2** | **Y** | **Y** | **Y** | **Y** |
| Shoulder Arm Steak or  Blade Roast Braised | 3 oz | 168-171 | 28-30 | 0 | 0 | 0 | 5-6 | 1 | N | **Y** | **Y** | **Y** |
| Sirloin Roast or  Top Round Steak: Lean Raw | 4 oz | 121-127 | 16-24 | 0 | 0 | 0 | 2-4 | 1 | N | **Y** | **Y** | **Y** |
| **TURKEY** |  |  |  |  |  |  |  |  |  |  |  |  |
| Breast: Roasted | 3 oz | 161 | 24 | 0 | 0 | 0 | 6 | 2 | N | **Y** | **Y** | **Y** |
| Dark Meat: Roasted | 3 oz | 159-188 | 23-24 | 0 | 0 | 0 | 10 | 2 | N | **Y** | **Y** | **Y** |
| Giblets Raw | 1 | 315 | 47 | 5 | 0 | 0 | 10 | 3 | N | **Y** | **Y** | **Y** |
| Gizzard Raw | 1 | 139 | 22 | 0 | 0 | 0 | 5 | 1 | N | **Y** | **Y** | **Y** |
| Ground: 11% Fat Sausage | 3 oz | 146 | 14 | 0 | 0 | 0 | 10 | 3 | N | **Y** | **Y** | **Y** |
| Heart Raw | 1 | 34 | 5 | 0 | 0 | 0 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Leg: With Skin Roasted | 3 oz | 177 | 24 | 0 | 0 | 0 | 8 | 3 | N | **Y** | **Y** | **Y** |
| Neck: Without Skin Raw | 1 | 242 | 36 | 0 | 0 | 0 | 10 | 3 | N | **Y** | **Y** | **Y** |
| Hotdog: Turkey | 1 | 102 | 6 | 1 | 0 | 0 | 8 | 3 | N | **Y** | **Y** | **Y** |
| Jerky | 1 oz | 71-81 | 14 | 3-4 | 0 | 3-4 | 1 | 0 | N | C | **Y** | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **VEGETABLES** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| Alfalfa Sprouts | ½ cup | 5 | 1 | 1 | 1 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Artichoke | 1 med | 60 | 4 | 13 | 7 | 3 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Artichoke Hearts:  Marinated or Uncooked | ½ cup | 58 | 2 | 7 | 2 | 0 | 3 | 0 | N | **Y** | **Y** | **Y** |
| Arugula | 4 oz | 28 | 3 | 4 | 2 | 2 | 1 | 0 | N | C | **Y** | **Y** |
| **\*Asparagus** | **4 oz** | **25** | **3** | **5** | **2** | **1** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Bamboo Shoots: Cooked | 5 oz | 17 | 2 | 3 | 1 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Bamboo Shoots: Raw | 1 cup | 41 | 4 | 8 | 3 | 5 | 0 | 0 | N | C | C | **Y** |
| **Beet Greens: Raw\*** | **1 cup** | **8** | **1** | **2** | **1** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Beets: Cooked | ½ cup | 37 | 1 | 8 | 2 | 7 | 0 | 0 | N | N | C | **Y** |
| Broccoflower | 1 cup | 32 | 3 | 6 | 3 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Broccoli | 1 cup | 44 | 5 | 8 | 5 | 3 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Brussels Sprouts | 1 cup | 38 | 3 | 8 | 3 | 2 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Burdock Root: Cooked | ½ cup | 55 | 1 | 13 | 1 | 2 | 0 | 0 | N | C | C | **Y** |
| **\*Cabbage** | **½**  **head** | **27** | **1.5** | **6.5** | **2.5** | **3.5** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Carrots: Raw or Cooked | ½ cup | 27 | 1 | 6 | 2 | 3 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Cauliflower | ½ cup | 34 | 3 | 7 | 5 | 2 | 0 | 0 | N | **Y** | **Y** | **Y** |
| **\*Celery** | **6-8 Ribs** | **17** | **1** | **4** | **2** | **1** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| **\*Cherry Tomatoes** | **1 cup** | **27** | **1** | **6** | **2** | **4** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Chicory Root | 1 cup | 66 | 1 | 16 | 2 | n/a | 0 | 0 | N | N | C | **Y** |
| Collard Greens: Cooked | 1 cup | 49 | 4 | 9 | 5 | 1 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Corn | ½ cup | 66 | 2 | 15 | 2 | 2 | 1 | 0 | N | N | C | **Y** |
| Cowpeas: Cooked | ½ cup | 100 | 7 | 17 | 3 | 1 | 1 | 0 | N | N | C | **Y** |
| **\*Cucumber** | **2 cup** | **32** | **2** | **6** | **2** | **4** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Eggplant | 1 cup | 35 | 1 | 9 | 2 | 3 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Endive | ½ head | 44 | 3 | 9 | 2 | 1 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Green Beans | 1 cup | 38 | 2 | 8 | 8 | 2 | 0 | 0 | N | **Y** | **Y** | **Y** |
| **\*Fennel** | **1 Bulb** | **27** | **1** | **6** | **3** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Kale: Cooked | 1 cup | 36 | 1 | 7 | 3 | 2 | 1 | 0 | N | **Y** | **Y** | **Y** |
| **\*Lettuce: Bibb Boston Butterhead Iceberg Red Leaf Romaine** | **1 head Bunch** | **21** | **2** | **4** | **3** | **2** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Mountain Yam: Cooked | ½ cup | 59 | 1 | 14 | 1 | n/a | 0 | 0 | N | N | C | **Y** |
| Mung Bean Sprouts | ½ cup | 16 | 2 | 3 | 3 | 2 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Mushrooms: Italiana Cremini Enoki Morel Pickled Porcini Portabello | 4-5 | 15 | 2 | 3 | 0 | 1 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Mushroom: Shitake | ½ cup | 41 | 2 | 10 | 2 | 3 | 0 | 0 | N | C | C | **Y** |
| Mustard Greens | 1 cup | 15 | 2 | 3 | 2 | 1 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Okra: Cooked | 1 cup | **52** | **4** | **11** | **5** | **5** | **1** | **0** | **N** | **C** | **Y** | **Y** |
| **\*Onion: Red White or Yellow** | **1 small** | **29** | **1** | **7** | **1** | **3** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Onion: Pearl Cooked | ½ cup | 60 | 1 | 14 | 1 | 4 | 0 | 0 | N | N | C | **Y** |
| Palm Hearts Canned | ½ cup |  |  |  |  |  |  |  |  |  |  |  |
| Parsnips: Cooked | ½ cup | 21 | 2 | 3 | 2 | n/a | 0 | 0 | N | C | **Y** | **Y** |
| Peas: Green | ½ cup | 63 | 1 | 15 | 3 | 4 | 0 | 0 | N | N | C | **Y** |
| Peas: Snow Raw | ½ cup | 59 | 4 | 10 | 4 | 4 | 0 | 0 | N | C | **Y** | **Y** |
| Peas: Snow Steamed or Cooked | ½ cup | 13 | 1 | 2 | 1 | 1 | 0 | 0 | N | N | **Y** | **Y** |
| Peppers:  Banana Hot Chili Hot Green | 1 | 35 | 2 | 6 | 2 | 3 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Peppers: Bell Green Red or Yellow | 1 med | 12-18 | 1 | 2-4 | 1-2 | 1-2 | 0 | 0 | N | **Y** | **Y** | **Y** |
|  | | | | | | | | | | | | |
| **POTATO** |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked | 1 small | 115 | 2 | 27 | 5 | 1 | 0 | 0 | N | N | C | Y |
| New | 3 oz | 54 | 2 | 11 | 3 | 1 | 0 | 0 | N | N | C | Y |
| French Fried | 1 cup | 185 | 3 | 28 | 3 | n/a | 7 | 3 | N | N | C | Y |
| **VEGETABLES**  **Continued** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| Hash Browns | ½ cup | 103 | 1 | 14 | 1 | 1 | 5 | 1 | N | N | C | C |
| Mashed: Milk Butter or Scalloped | ½ cup | 105-119 | 2-4 | 13-18 | 2 | 2 | 4-5 | 2-3 | N | N | C | **Y** |
| Potato: Twice Baked | 5 oz | 204 | 4 | 27 | 4 | 1 | 9 | 3 | N | N | C | **Y** |
| Pumpkin: Canned | ½ cup | 42 | 1 | 10 | 4 | 4 | 0 | 0 | N | C | **Y** | **Y** |
| **\*Radish** | **1 cup** | **14-30** | **0-2** | **0-2** | **0-2** | **0-2** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Rutabaga | 1 small | 69 | 2 | 16 | 5 | 11 | 0 | 0 | N | N | C | **Y** |
| Sauerkraut: Canned | 1 cup | 30 | 0 | 9 | 2 | 4 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Seaweed Kelp | ½ cup | 18 | 0 | 4 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Snap Beans: Green or Yellow | 1 cup | 27 | 1 | 7 | 4 | 3 | 0 | 0 | N | **Y** | **Y** | **Y** |
| **\*Spinach: Raw** | **2 cup** | **22** | **2** | **4** | **2** | **n/a** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| **\*Spinach: Cooked** | **2 cup** | **82** | **10** | **14** | **8** | **2** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Squash: Acorn Butternut Cooked | ½ cup | 41 | 1 | 1 | 3 | n/a | 0 | 0 | N | C | C | Y |
| Squash: Scallop Straight Neck | 1 cup | 2538 | 1-2 | 11 | 2-4 | 1-2 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Squash: Summer | 1med | 31 | 2 | 5-8 | 2 | 4 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Squash:  Spaghetti Crookneck or Winter | 1 cup | 36-42 | 1-2 | 7 | 2-3 | 2-4 | 0-1 | 0 | N | C | **Y** | **Y** |
| Sweet Potato:  Baked Mashed or Canned | 1 small | 95-106 | 1-2 | 22-25 | 3 | 6-9 | 0 | 0 | N | N | C | **Y** |
| **Swiss Chard: Cooked\*** | **1 cup** | **35** | **3** | **7** | **4** | **2** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| **Tomato: Red Green or Orange\*** | **1 med** | **18-35** | **1** | **4-7** | **1** | **4-5** | **0-1** | **0** | **Y** | **Y** | **Y** | **Y** |
| Tomato Paste | 1Tbs | 13 | 1 | 3 | 1 | 2 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Tomato Puree | ½ cup | 43 | 2 | 10 | 2 | 5 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Turnip: Cubed | 1 cup | 36 | 8 | 2 | 5 | 0 | 0 | 0 | N | N | **Y** | **Y** |
| Yam: Cooked | ½ cup | 39 | 1 | 9 | 1 | 0 | 0 | 0 | N | **Y** | C | **Y** |
| Zucchini | 1 med | 35 | 2 | 7 | 2 | 3 | 0 | 0 | N | **Y** | **Y** | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **BEANS & LEGUMES** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **STARCH PROTEIN FIBER & FAT** |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked Beans | ⅓ cup | 113 | 4 | 21 | 4 | 4 | 0 | 0 | N | C | **Y** | **Y** |
| Bean Sprouts: (*Mung Beans*) | ½ Cup | 13 | 1 | 3 | 1 | 2 | 0 | 0 | N | C | C | **Y** |
| Black Beans | ½ cup | 114 | 8 | 20 | 7 | 0 | 1 | 0 | N | C | **Y** | **Y** |
| Black-Eyed Peas: Cooked | ½ cup | 92 | 6.5 | 16 | 3.5 | 2.5 | 0.5 | 0 | N | C | **Y** | **Y** |
| Butter Beans: (*Lima*) Cooked | ½ cup | 105 | 6 | 20 | 5 | 1 | 0 | 0 | N | C | C | **Y** |
| Chickpeas (*Garbanzos*) | ½ cup | 134 | 6 | 22 | 6 | 4 | 2 | 0 | N | C | **Y** | **Y** |
| Chili Beans | ½ cup | 100 | 3 | 22 | 7 | 1 | 0.5 | 0 | N | C | **Y** | **Y** |
| French Beans | ½ cup | 114 | 8 | 21 | 8 | 0 | 1 | 0 | N | C | **Y** | **Y** |
| Hummus | ½ cup | 56 | 13 | 6 | 1 | 0 | 3 | 0 | N | C | C | **Y** |
| Kidney Beans | ½ cup | 110 | 7 | 20 | 8 | 0 | 0 | 0 | N | C | **Y** | **Y** |
| Lentils | ½ cup | 161 | 7 | 28 | 11 | 3 | 1 | 0 | N | C | C | **Y** |
| Mung Beans: Cooked | ½ cup | 106 | 8 | 19 | 8 | 2 | 0 | 0 | N | C | **Y** | **Y** |
| Navy Beans: Cooked | ½ cup | 127 | 7 | 24 | 20 | 0 | 1 | 0 | N | C | **Y** | **Y** |
| Pinto Beans: Cooked | ½ cup | 122 | 8 | 22 | 8 | 0 | 1 | 0 | N | C | **Y** | **Y** |
| Refried Beans | ½ cup | 119 | 7 | 20 | 7 | 0 | 2 | 0 | N | C | **Y** | **Y** |
| Soybean Sprouts: Raw | ½ cup | 24 | 3 | 2 | 0 | 0 | 1 | 0 | N | C | **Y** | **Y** |
| Soybean Sprouts: Steamed | ½ cup | 38 | 4 | 3 | 0 | 0 | 2 | 0 | N | C | **Y** | **Y** |
| Soybeans: Cooked | ½ cup | 148 | 14 | 8 | 5 | 3 | 7 | 0 | N | C | C | **Y** |
| Soybeans: Dry-Roasted | ¼ cup | 202 | 15 | 14 | 8 | 0 | 11 | 0 | N | C | **Y** | **Y** |
| Split Peas: Cooked | ½ cup | 116 | 8 | 21 | 8 | 3 | 0 | 0 | N | C | C | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **FRUIT** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **real Life** |
| Apricot | 1 | 17 | 0 | 4 | 1 | 3 | 0 | 0 | N | **Y** | **Y** | **Y** |
| **\*Apple** | **1** | **72** | **0** | **19** | **3** | **14** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Apple: Crab | ½ cup | 42 | 0 | 11 | 1 | n/a | 0 | 0 | N | **Y** | **Y** | **Y** |
| Applesauce: Unsweetened | 1/3 cup | 33 | 0 | 9 | 1 | 7 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Applesauce: Sweetened | 1/3 cup | 64 | 0 | 17 | 1 | 14 | 0 | 0 | N | C | C | **Y** |
| Avocado | ¼ cup | 58 | 1 | 3 | 2 | 0 | 5 | 0 | N | **Y** | **Y** | **Y** |
| Banana | 1-7” | 105 | 1 | 27 | 3 | 14 | 0 | 0 | N | C | **Y** | **Y** |
| Banana Chips | 1 oz | 150 | 0 | 20 | 1 | 6 | 8 | 0 | N | N | C | **Y** |
| **Berries**: Blackberries Gooseberries Loganberries Mulberries Raspberries **\*Strawberries (150 g)** | 1 cup | 53-66 | 1-2 | 13-15 | 1-8 | 5-11 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Blueberries | ½ cup | 41 | 1 | 11 | 2 | 7 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Breadfruit | ¼ cup | 57 | 1 | 15 | 3 | 6 | 0 | 0 | N | C | **Y** | **Y** |
| Cantaloupe: Honeydew | 1 cup | 54-64 | 1 | 13-16 | 1 | 14 | 0 | 0 | N | C | **Y** | **Y** |
| Cherries: Barbados | 1 cup | 31 | 0 | 8 | 1 | n/a | 0 | 0 | N | **Y** | **Y** | **Y** |
| Cherries: Black Canned | ¼ cup | 44 | 1 | 11 | 1 | 10 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Cherries: Ground or Red Sour | ½ cup | 37-44 | 1 | 8-11 | 1-2 | 10 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Cherries: Maraschino | 7 | 70 | 0 | 21 | 0 | 21 | 0 | 0 | N | N | C | **Y** |
| Cherries: Red Sour or Freeze-Dried | .5 oz | 60 | 1 | 12 | 0 | n/a | 0 | 0 | N | **Y** | **Y** | **Y** |
| Clementine | 1 | 40 | 1 | 9 | 2 | 6 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Coconut: Dried | 2 tsp | 55 | 0 | 2 | 0 | 1 | 5 | 5 | N | **Y** | **Y** | **Y** |
| Cranberries | 1 cup | 44 | 0 | 12 | 4 | 4 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Cranberries: Dried | 2 Tbs | 45 | 0 | 11 | 1 | 10 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Cranberry Sauce: Canned | ½ slice | 86 | 0 | 22 | 1 | 22 | 0 | 0 | N | N | C | **Y** |
| Currants: Black Red or White | ½ cup | 31-35 | 1 | 8-9 | 2-4 | 4 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Dates: Chinese or Deglet Noor | 1 | 22-23 | 0 | 6 | 1 | 5 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Elderberries | ¼ cup | 26 | 0 | 7 | 3 | n/a | 0 | 0 | N | **Y** | **Y** | **Y** |
| Fig | 1 med | 37 | 0 | 10 | 1 | 8 | 0 | 0 | N | **Y** | **Y** | **Y** |
| **\*Grapefruit: Pink Red or White** | **½ med** | **41-67** | **1** | **10-16** | **1-6** | **9-10** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Grapes: Champagne Concord  Black Green Red or Seedless | ½ cup | 50-61 | 1 | 13-16 | 1 | 12-15 | 0 | 0 | N | C | **Y** | **Y** |
| Kiwifruit | 1 med | 46 | 1 | 11 | 2 | 7 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Kumquat | 3 oz | 60 | 2 | 14 | 6 | 7 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Lemon | 1 | 15 | 0 | 5 | 1 | 1 | 0 | 0 | **Y** | **Y** | **Y** | **Y** |
| Lime | 1 | 20 | 0 | 7 | 2 | 1 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Mango | ½ | 67 | 1 | 18 | 2 | 15 | 0 | 0 | N | C | **Y** | **Y** |
| Melons:  Cantaloupe Honeydew Muskmelon | 1 c or ½ melon | 54-64 | 1 | 13-16 | 1 | 14 | 0 | 0 | N | C | **Y** | **Y** |
| Nectarine | 1 med | 70 | 1 | 17 | 1 | 14 | 0 | 0 | N | C | **Y** | **Y** |
| Orange | 1 med | 70 | 1 | 16 | 1 | 13 | 0 | 0 | N | C | **Y** | **Y** |
| Papaya | 1 small | 59 | 1 | 15 | 3 | 9 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Peach | 1 med | 38 | 1 | 9 | 1 | 8 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Pear: Persimmon | ½ med | 50-59 | 0-1 | 13-16 | 2-1 | 9-11 | 0-1 | 0 | N | **Y** | **Y** | **Y** |
| Pineapple | ½ cup | 37 | 1 | 10 | 1 | 7 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Plantain Chips | .5 oz | 74 | 1 | 8 | 1 | n/a | 5 | 4 | N | **Y** | **Y** | **Y** |
| Plum | 1 med | 30 | 1 | 8 | 1 | 7 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Pomegranate | ½ of 3 | 53 | 1 | 13 | 0 | 13 | 0 | 0 | N | C | **Y** | **Y** |
| Prunes | 3 med | 50 | 1 | 13 | 2 | 6 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Raisins: Golden or Purple | 2 Tbs | 40-65 | 1 | 12-16 | 1 | 10-15 | 0 | 0 | N | C | **Y** | **Y** |
| Rhubarb | 1 cup | 26 | 1 | 6 | 2 | 1 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Star fruit | 1 cup | 33 | 1 | 7 | 3 | 4 | 0 | 0 | N | **Y** | **Y** | **Y** |
| **\*Tangelo Tangerine or Mandarin** | **1 med** | **45-50** | **1** | **11-13** | **2-3** | **8** | **0-1** | **0-1** | **Y** | **Y** | **Y** | **Y** |
| Watermelon | 1 cup | 45 | 1 | 11 | 1 | 9 | 0 | 0 | N | C | **Y** | **Y** |
| **SEEDS & NUTS**  **NUT BUTTERS** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **FAT & PROTEIN** |  |  |  |  |  |  |  |  |  |  |  |  |
| Almond Butter:  Plain or Chocolate Flavored | 1 Tbs | 90-101 | 2-3 | 3-5 | 1-2 | 1-2 | 8-9 | 1 | N | C | **Y** | **Y** |
| Almond Paste | 1 Tbs | 65 | 1 | 7 | 1 | 5 | 4 | 0 | N | C | **Y** | **Y** |
| Almonds:  Plain Dry-Roasted or Honey-Roasted | 1 oz | 169 | 6 | 5.5 | 3.4 | 1.1 | 15 | 1.2 | N | C | **Y** | **Y** |
| Brazil Nut Butter | 1 Tbs | **95** | **2** | **2** | 1 | n/a | 10 |  | N | **C** | **Y** | **Y** |
| Brazil Nuts: Dried | 1 oz | 186 | 4 | 3.6 | 1.5 | 0 | 18.8 | 4.9 | N | C | **Y** | **Y** |
| Cashew Butter:  Plain Orange Organic | 1 Tbs | 83-94 | 3 | 4-6 | 0-1 | 1 | 6-8 | 1-2 | N | C | **Y** | **Y** |
| Cashews: Dry-Roasted | 1 oz | 163 | 4.3 | 9 | 1 | 0 | 13 | 3 | N | N | **C** | **Y** |
| Chestnuts: Chinese or European | 1 oz | 67-69 | 0 | 15 | 0-1.5 | 0-1 | 0-1 | 0 | N | C | **Y** | **Y** |
| Coconut:  Fresh or Dried Un-Sweetened | 1 Tbs | 18 | 0 | 1 | 0 | 0 | 3 | 1 | N | **Y** | **Y** | **Y** |
| Flax Seeds | 1Tbs | 45 | 1 | 1 | 1 | 0 | 4 | 0 | N | **Y** | **Y** | **Y** |
| Hazelnut Butter | 1 Tbs | 90 | 3 | 3 | 2 | n/a | 8 | 1 | N | C | **Y** | **Y** |
| Hazelnuts: (*Filberts*) | 1 oz | 178 | 4 | 5 | 3 | 0 | 17 | 1 | N | C | **Y** | **Y** |
| Macadamia Nuts: Dry-Roasted | 1oz | 203 | 2 | 3.6 | 2.3 | 1 | 21.6 | 3.4 | N | C | **Y** | **Y** |
| Mixed Nuts: Dry-Roasted | 1 oz | 168 | 5 | 7 | 2.5 | 0 | 14.5 | 2 | N | C | **Y** | **Y** |
| Peanut Butter: Crunchy or Creamy | 1Tbs | 94 | 4 | 3 | 1 | 1 | 8 | 2 | N | C | **Y** | **Y** |
| Peanuts: Dry-Roasted or Salted | 1 | 166 | 7 | 6 | 2 | 0 | 14 | 2 | N | C | **Y** | **Y** |
| Pancake | 1 oz | 43-85 | 1-2 | 7-14 | 0-1 | 0-4 | 0-2 | 0 | N | N | C | C |
| Roll: Cinnamon | 1 oz | 112 | 2 | 15 | 1 | 10 | 5 | 1 | N | N | C | C |
| Roll: Dinner | 1 oz | 75-84 | 2-3 | 11-15 | 0-2 | 0-2 | 1-2 | 0-1 | N | N | C | C |
| Roll: Hamburger or Hotdog Bun | ½ bun | 60 | 3 | 11 | 1 | 2 | 1 | 1 | N | N | C | C |
| Taco Shell | 5” shell | 50-62 | 1 | 7-8 | 0-1 | 0 | 2-3 | 0-1 | N | N | C | C |
| Tortilla: Corn | 6” | 57 | 1 | 12 | 2 | 0 | 1 | 0 | N | N | C | C |
| Tortilla: Flour | 6” | 100 | 3 | 16 | 1 | 1 | 2 | 1 | N | N | C | C |
| Waffle | 1-1 oz | 70-95 | 2-8 | 8-15 | 1-4 | 1-4 | 1-6 | 0-1 | N | N | C | C |
|  | | | | | | | | | | | | |
| **DAIRY PRODUCTS MOSTLY PROTEIN & FAT** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **COMBINATIONS i.e. CHEESE CREAM OR YOGURT** |  |  |  |  |  |  |  |  |  |  |  |  |
| **CHEESE** |  |  |  |  |  |  |  |  |  |  |  |  |
| American: Pasteurized | 1” cube | 24-68 | 4 | 0-2 | 0 | 0-2 | 0-6 | 0-4 | N | **C** | **Y** | **Y** |
| Blue: Crumbled | 1 tsp | 30 | 2 | 0 | 0 | 0 | 2 | 2 | N | **C** | **Y** | **Y** |
| Brie Camembert Cheddar Colby Feta Fontina Gruyere Jalapeno Jack Mexican Queso Asadero Monterey Jack Mozzarella Muenster Pepper Jack Parmesan Provolone Swiss | 1 “ cube | 45-69 | 3-8 | 0-2 | 0-1 | 0-1 | 2-6 | 0-4 | N | **C** | **Y** | **Y** |
| **\*Cottage Cheese: Large / Small Curd** | **¼ cup** | **58** | **7** | **2** | **0** | **0** | **3** | **2** | **Y** | **Y** | **Y** | **Y** |
| Cottage Cheese: Low-Fat 2% | ¼ cup | 50 | 7 | 3 | 0 | 3 | 1 | 1 | N | **C** | **Y** | **Y** |
| Cream Cheese | 2 tsp | 101 | 2 | 1 | 0 | 0 | 10 | 6 | N | **C** | **Y** | **Y** |
| Cream Cheese: Fat-Free | 2 tsp | 28 | 4 | 2 | 0 | 0 | 0 | 0 | N | C | **Y** | **Y** |
| Goat Gouda or Roquefort | 1 oz | 76-128 | 5-9 | 0-10 | 0 | 0-1 | 6-10 | 4-7 | N | C | **Y** | **Y** |
| Parmesan: Grated | 2 tsp | 40 | 4 | 0 | 0 | 0 | 3 | 2 | N | C | **Y** | **Y** |
| Ricotta | ¼ cup | 108 | 7 | 2 | 0 | 0 | 8 | 5 | N | C | **Y** | **Y** |
| Romano | 2tps | 70 | 6 | 0 | 0 | 0 | 5 | 3 | N | C | **Y** | **Y** |
| **DAIRY PRODUCTS MOSTLY PROTEIN & FAT** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| String | 1 oz | 50 | 8 | 11 | 8 | 8 | 2 | 1 | N | C | **Y** | **Y** |
| Cream: Light or Heavy | 1 tsp | 29-51 | 0 | 0-1 | 0 | 0 | 3-6 | 2-3 | N | C | **Y** | **Y** |
| Cream Sour | 1 tsp | 31 | 0 | 1 | 0 | 0 | 3 | 2 | N | C | **Y** | **Y** |
| Half & Half Cream Substitute | 1 tsp | 20-32 | 0 | 1-3 | 0 | 0-3 | 1-2 | 1-2 | N | C | **Y** | **Y** |
| Topping: i.e. Cool Whip | 2 tsp | 10 to 25 | 0 | 0 | 1-4 | 0 | 1-2 | 0-2 | N | C | **Y** | **Y** |
| Yogurt Plain: Low Fat or Fat Free | 4 oz | 69-80 | 4-7 | 5-10 | 0 | 5-9 | 0-4 | 0-2 | N | C | **Y** | **Y** |
| Yogurt Flavored: Low Fat | 4 oz | 90-141 | 3-6 | 16-24 | 0 | 16-21 | 1-3 | 1-2 | N | C | C | **Y** |
| Yogurt Flavored: Fat Free | 4 oz | 49-127 | 3-6 | 9-27 | 0-1 | 7-22 | 0 | 0 | N | C | C | **Y** |
| Yogurt: Drink | 4 oz | 102 | 5 | 18 | 0 | 17 | 2 | 1 | N | C | C | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CEREAL**  **STARCH & SUGAR** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **CEREAL DESSERTS FLOUR GRAINS RICE**  **SWEETS & SNACKS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **In General Cereals Are Loaded with Starches & Sugars without Much Benefit (Fiber or Protein)**  **Listed Below Are A Few Good Exceptions To The Rule But The List Is Always Changing**  **The Best Option Is To Look For High Protein & High Fiber** | | | | | | | | | | | | |
| Cereal Non Puffed: Cold or Hot | ¼ -1 cup | 74-210 | 1-8 | 9-47 | 1-14 | 0-20 | 0-7 | 0-1 | N | N | C | **Y** |
| Cereal: Puffed | 1 cup | 2-60 | 1-8 | 0-6 | 0-1 | 0 | 0 | 0-1 | N | N | C | **Y** |
| **Healthier Cereal Choices: High Protein & Fiber** | | | | | | | | | | | | |
| All-Bran | ¼-⅓ cup | 153 | 9 | 45 | 18 | 9 | 3 | 0 | N | N | C | **Y** |
| Bob's Red Mill: Hot Cereals | ¼-⅓ cup | 110-180 | 0-1 | 20-35 | 3-10 | 0-1 | 1-5 | 0-1 | N | N | C | **Y** |
| Ezekiel 4:9:  Original Almond or Golden Flax | ½ cup | 180-200 | 7-8 | 37-41 | 5-6 | < 1 | 1-2.5 | 0 | N | N | C | **Y** |
| Kashi: Go Lean  Good Friends Heart To Heart | ½ to ¾ cup | 85-110 | 3-5 | 18-25 | 4-6 | 5-6 | 1-2 | 0 | N | N | **C** | **Y** |
| Oat Bran | ½ cup | 116 | 8 | 32 | 8 | 0 | 4 | 0 | N | N | C | **Y** |
| Oatmeal: Old-Fashioned or Original | ¼ cup | 74 | 3 | 14 | 2 | 0 | 2 | 0 | N | N | C | **Y** |
| Puffed Millet | 1 cup | 2 | 16 | 0 | 0 | 0 | 0 | 1 | N | **Y** | C | **Y** |
| Shredded Wheat Cereal | 1 serve | 85 | 3 | 21 | 3 | 0 | 0 | 0 | N | **Y** | C | **Y** |
| Special K | 1 cup | 118 | 6 | 22 | 0 | 4 | 0 | 0 | N | N | C | **Y** |
| Special K:  Low Carb Lifestyle Protein Plus | 1 cup | 134 | 14 | 18 | 6 | 2 | 4 | 0 | N | **Y** | **Y** | **Y** |
|  | | | | | | | | | | | | |
| **DESSERTS SWEETS**  **STARCH & SUGAR** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| Brownie | 2” sq | 211 | 1 | 12 | 1 | 8 | 7 | 2 | N | N | C | C |
| Brownie: Fat-Free or Low-Fat | 2” sq | 100-107 | 2-5 | 19-20 | 1 | 14-16 | 0-1 | 0-1 | N | N | C | C |
|  | | | | | | | | | | | | |
| **CAKE** |  |  |  |  |  |  |  |  |  |  |  |  |
| Cake: Angel Food | 1 serve | 120 | 3 | 27 | 0 | 20 | 0 | 0 | N | N | C | **Y** |
| Cake With Icing:  White Chocolate or Yellow | 1 serving | 275-225 | 2-5 | 35-61 | 0-1 | 25-45 | 10-16 | 3-6 | N | N | C | C |
| Cake Without Icing:  White Chocolate or Yellow | serve | 187-225 | 2-5 | 36-42 | 0-1 | 26-29 | 9-11 | 2-3 | N | N | C | C |
| Pound Cake: Fat-Free | 1 oz | 80 | 2 | 17 | 0 | 10 | 0 | 0 | N | N | C | **Y** |
| Pound Cake: Regular | 1 serve | 290 | 5 | 39 | 1 | 21 | 13 | 7 | N | N | C | C |
| Cheesecake | 1 serve | 309 | 8 | 30 | 0 | 21 | 18 | 9 | N | N | C | C |
| Cheesecake: Fat-Free | 1 serve | 140 | 7 | 28 | 1 | 18 | 0 | 0 | N | N | C | **Y** |
| **DESSERTS SWEETS**  **STARCHES Continued** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **CANDY** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Bars**: 3 Musketeers Almond Joy  Fifth Ave Baby Ruth Butterfinger Chocolate Bar with Almonds Twix M&M's (Plain or Peanut) Milky Way Mounds Nestle Crunch Snickers | Fun size | 50-108 | 1-2 | 5-14 | 0-1 | 4-13 | 2-6 | 1-2 | N | N | C | C |
| Chocolate Covered Almonds | 5 | 90 | 1 | 10 | 1 | 5 | 5 | 5 | N | N | C | C |
| Chocolate Covered Peanuts | 5 | 105 | 5 | 10 | 1 | 10 | 0 | 5 | N | N | C | **Y** |
| Chocolate Covered Raisins | 5 | 25 | 0 | 5 | 1 | 5 | 0 | 0 | N | N | C | **Y** |
| Gum Drops | ¼ cup | 180 | 0 | 45 | 0 | 37 | 0 | 0 | N | N | C | C |
| Gum: Regular | 1 stick | 10 | 0 | 3 | 0 | 1 | 0 | 0 | N | N | C | C |
| Gum: Sugar-Free | 1 stick | 2 | 0 | 1 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Hard: Sugar-Free | 1 | 11 | 0 | 3 | 0 | 0 | 0 | 0 | N | C | **Y** | **Y** |
| Hershey's Kisses | 3 | 78 | 0 | 9 | 0 | 6 | 3 | 3 | N | C | C | **Y** |
| Licorice: Black or Red Vine | 1 | 36 | 0 | 8-9 | 0 | 4-5 | 0 | 0 | N | N | C | **Y** |
| Peppermint Patty | Fun size | 10 | 0 | 2 | 0 | 2 | 0 | 0 | N | C | **Y** | **Y** |
| Reese's Peanut Butter Cup | Fun Size | 36 | 1 | 4 | 0 | 3 | 2 | 1 | N | N | C | **Y** |
| Rolo | 42 | 0 | 6 | 0 | 6 | 3 | 0 | 0 | N | N | C | C |
| Skittles: Starburst | 112-115 | 0 | 24-26 | 0 | 19-22 | 1-2 | 0 | 0 | N | N | C | C |
| Tootsie Pop | 60 | 0 | 15 | 0 | 0 | 10 | 0 | 0 | N | N | C | **Y** |
| **COOKIES** |  |  |  |  |  |  |  |  |  |  |  |  |
| Animal Crackers | 5 | 40 | 0 | 5 | 0 | 1 | 0 | 0 | N | N | C | **Y** |
| Biscotti:  Chocolate-Covered Sugar-Free | 1 | 40 | 1 | 6 | 0 | 0 | 2 | 1 | N | N | C | **Y** |
| Butter Cookie | .5 oz | 75 | 1 | 10 | 0 | n/a | 4 | 1 | N | N | C | **Y** |
| Chocolate Cookie | 2.0 oz | 210 | 2 | 30 | 1 | 20 | 10 | 4 | N | N | C | **Y** |
| Chocolate Chip: Regular / Sugar-Free | 0.5 | 62-78 | 1 | 9 | 0 | 0-7 | 4-5 | 1-2 | N | N | C | **Y** |
| Chocolate Sandwich:  Regular or Reduced-Fat | 1 | 43-47 | 0-1 | 7-8 | 0 | 4 | 1-2 | 0 | N | N | C | **Y** |
| Coconut Macaroon | 1 | 97 | 1 | 17 | 0 | 17 | 3 | 3 | N | N | C | **Y** |
| Devil's Food | 1 | 72 | 1 | 15 | n/a | n/a | 1 | 1 | N | N | C | **Y** |
| Devil's Food: Snack Wells Fat-Free | 1 | 49 | 1 | 12 | 0 | 7 | 0 | 0 | N | N | C | **Y** |
| Fig Bar: Regular or Whole Grain | 1 | 56-60 | 1 | 11-13 | 1 | 7-8 | 0-1 | 0 | N | N | C | **Y** |
| Fortune Cookie | 1 | 30 | 0 | 7 | 0 | 4 | 0 | 0 | N | N | C | **Y** |
| Gingersnap | 1 | 29 | 0 | 5 | 0 | 1 | 1 | 0 | N | N | C | **Y** |
| Graham Cracker | 1 sq | 30 | 0 | 5 | 0 | 2 | 1 | 0 | N | N | C | **Y** |
| Lemon Sandwich | 1 | 156 | 1 | 8 | 1 | 3 | 2 | 1 | N | N | C | **C** |
| Oatmeal | 1 | 106 | 2 | 17 | 1 | 8 | 4 | 1 | N | N | C | **C** |
| Oatmeal with Raisins | 1 | 107 | 1 | 17 | 1 | 9 | 4 | 1 | N | N | C | **C** |
| Oatmeal: Sugar-Free | 1 | 50 | 1 | 7 | 1 | 0 | 2 | 1 | N | N | C | **Y** |
| Peanut Butter | 1 | 95 | 2 | 12 | 0 | n/a | 5 | 1 | N | N | C | **Y** |
| Peanut Butter Sandwich | 1 | 67 | 1 | 9 | 0 | 5 | 3 | 1 | N | N | C | **Y** |
| Sugar: Regular or Fat-Free | 1 | 71-98 | 1 | 17 | 0 | 8 | 0-3 | 0-1 | N | N | C | **V** |
| Sugar Wafer | 1 | 34 | 0 | 4 | 0 | 3 | 2 | 0 | N | N | C | **Y** |
| Vanilla Wafer | 1 | 18 | 0 | 3 | n/a | 1 | 1 | 0 | N | N | C | **Y** |
| Custard: 2% or Whole Milk | ½ cup | 148-161 | 5 | 23 | 0 | n/a | 4-5 | 2-3 | N | N | C | **Y** |
| **DONUTS** |  |  |  |  |  |  |  |  |  |  |  |  |
| Cream Puff: Chocolate With Custard | 1-3” | 293 | 7 | 27 | 1 | 7 | 18 | 5 | N | N | C | **C** |
| Cake: Chocolate or Plain | 1 | 180-204 | 2-3 | 19-21 | 1 | 7-10 | 11-13 | 2-3 | N | N | **C** | **C** |
| Cake: Sugared | 1 | 310 | 4 | 28 | 1 | 10 | 20 | 4 | N | N | **C** | **C** |
| Donut: Raised, Glazed | 1 | 160 | 3 | 23 | 1 | 5 | 7 | 2 | N | N | **C** | **C** |
| **DESSERTS SWEETS**  **STARCHES Continued** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| Donut: Raised With Cream Filling | 1 | 320 | 4 | 39 | 1 | 19 | 16 | 4 | N | N | **C** | **C** |
| Éclair with Custard & Chocolate | 1 | 204 | 5 | 19 | 0 | 5 | 12 | 3 | N | N | **C** | **C** |
| Flan | ½ cup | 150 | 4 | 25 | 0 | n/a | 4 | 2 | N | N | **C** | **Y** |
|  | | | | | | | | | | | | |
| **ICE CREAM**  **STARCHES & SUGARS** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **FROZEN YOGURT** |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate: Regular or Fat-Free | ½ cup | 104-110 | 3-5 | 19-21 | 1-2 | 16-18 | 0-3 | 0-2 | N | N | **C** | **Y** |
| Coffee: Strawberry, Fat-Free, Vanilla | ½ cup | 140 | 5 | 20-31 | 0 | 18-27 | 0-5 | 0-3 | N | N | C | **Y** |
| Vanilla: Fat-Free | ½ cup | 95 | 5 | 19 | 0 | 19 | 0 | 0 | N | C | **Y** | **Y** |
| Gelatin: Fruit-Flavored, Regular | ½ cup | 80 | 2 | 19 | 0 | 19 | 0 | 0 | N | N | **C** | **Y** |
| Gelatin: Flavored, Fat-Free | ½ cup | 20 | 2 | 0 | 0 | 0 | 0 | 0 | N | **Y** | **C** | **Y** |
|  | | | | | | | | | | | | |
| **ICE CREAM** |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate: Low-Fat | ½ cup | 120 | 3 | 21 | 2 | 18 | 2 | 1 | N | **N** | **C** | **Y** |
| Chocolate: Butter Pecan | ½ cup | 170-186 | 2-3 | 12-15 | 0-1 | 13 | 12-13 | 5-8 | N | N | **C** | **Y** |
| Strawberry | ½ cup | 250 | 4 | 23 | 1 | 21 | 16 | 10 | N | N | **C** | **C** |
| Vanilla | ½ cup | 133 | 2 | 16 | 0 | 14 | 7 | 4 | N | N | **C** | **C** |
| Vanilla: Low-Fat | ½ cup | 110 | 3 | 19 | 1 | 4 | 4 | 3 | N | N | **C** | **Y** |
| Vanilla: Sugar-Free | ½ cup | 99 | 3 | 15 | 0 | 4 | .5 | 0 | N | **N** | **C** | **Y** |
| Ice Cream Cone: Sugar | 1 | 60 | 1 | 12 | 0 | .2 | 0 | 0 | N | **N** | **Y** | **Y** |
| Ice Cream Cone: Wafer Type | 1 | 17 | 0 | 3 | 0 | 0.2 | 2 | 1 | N | C | **Y** | **Y** |
| Creamsicle: All Flavors Sugar-Free | 2 pops | 40 | 1 | 10 | 6 | 0 | 2 | 1.5 | N | C | **Y** | **Y** |
| Dreamsicle | 1 | 91 | 2 | 18 | n/a | n/a | 2 | 1 | N | C | **Y** | **Y** |
| Drumstick | 1 | 159 | 3 | 18 | n/a | n/a | 9 | 4 | N | C | **Y** | **Y** |
| Fudgsicle: Fat-Free | 1 | 70 | 3 | 14 | 1 | 10 | 0 | 0 | N | C | **Y** | **Y** |
| Fudgsicle: Sugar-Free | 2 pops | 70 | 4 | 16 | 4 | 0 | 2 | 1 | N | C | **y** | **Y** |
| Popsicle: All Flavors Sugar-Free | 1 | 15 | 0 | 4 | O | 0 | 0 | 0 | N | N | **C** | **Y** |
| Sandwich | 1 | 144 | 3 | 22 | 1 | 15 | 6 | 3 | N | N | C | **Y** |
| Sandwich Low-Fat | 1 | 130 | 3 | 27 | 1 | 14 | 1 | 1 | N | N | C | **Y** |
| Skinny Cow: Fudge-Bar Fat-Free | 1 | 100 | 4 | 21 | 0 | 18 | 0 | 0 | N | N | C | **Y** |
| Skinny Cow: Sandwich Fat-Free | 1 | 140 | 4 | 30 | 5 | 4 | 2 | 1 | N | N | C | **Y** |
| Marshmallows:  1 Large or 10 Mini | 2 or 20 mini | 46 | 0 | 12 | 0 | 8 | 0 | 0 | N | N | C | **Y** |
| Pastry Danish: Cheese Cinnamon | 1 | 266-280 | 5-6 | 26-30 | 1 | 5-17 | 16 | 4-5 | N | N | C | **Y** |
| Pastry Danish: Fruit | 1 | 335 | 5 | 45 | n/a | n/a | 16 | 3 | N | N | C | **Y** |
|  | | | | | | | | | | | | |
| **PIE** |  |  |  |  |  |  |  |  |  |  |  |  |
| Banana Crème | 1 piece | 387 | 6 | 47 | 1 | 23 | 20 | 5 | N | C | C | **Y** |
| Chocolate Crème | 1 piece | 280 | 4 | 36 | 1 | 21 | 14 | 4 | N | C | C | **Y** |
| Coconut Cream | 1 piece | 259 | 3 | 27 | 0 | n/a | 17 | 8 | N | C | C | **Y** |
| Egg Custard | 1 piece | 221 | 6 | 22 | 2 | 12 | 12 | 1 | N | C | c | **Y** |
| Fruit:  Apple Blueberry Cherry Peach | 1 piece | 261-304 | 2 | 40-47 | 1-2 | 15-18 | 12-13 | 3-5 | N | N | C | **Y** |
| Fruit: Lemon No Meringue | 1 piece | 189 | 4 | 34 | 0 | 31 | 5 | 2 | N | N | C | **Y** |
| Lemon Meringue | 1 piece | 303 | 2 | 53 | 1 | 37 | 10 | 2 | N | N | C | **Y** |
| Mince | 1 piece | 477 | 4 | 79 | 4 | 47 | 18 | 4 | N | N | C | **Y** |
| Mud | 1 piece | 244 | 3 | 37 | 2 | 28 | 10 | 7 | N | N | C | **Y** |
| **ICE CREAM**  **STARCHES & SUGARS**  **Continued** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| Pecan | 1 piece | 503 | 6 | 64 | n/a | n/a | 27 | 5 | N | N | C | **Y** |
| Pumpkin: Sweet Potato | 1 piece | 295-316 | 6-7 | 36-41 | 2-4 | n/a | 14 | 3-5 | N | N | C | **Y** |
| Pumpkin: Crust less Sugar-Free | 1 piece | 62 | 4.6 | 7 | 3 | 4.3 | 1.8 | 0 | N | C | **Y** | **Y** |
| Pastry: Danish Fruit | 1 | 335 | 5 | 45 | n/a | n/a | 16 | 3 | N | N | C | **Y** |
| Pudding: Bread | ½ cup | 237 | 7 | 33 | 1 | 20 | 8 | 4 | N | N | C | **Y** |
| Pudding: Regular Cooked &  Instant Packaged All Flavors | ½ cup | 95-120 | 3 | 28 | 0 | 20 | 0 | 0 | N | N | C | **Y** |
| Pudding: Fat Free All Flavors | ½ cup | 100 | 3 | 23 | 1 | 17 | 0 | 0 | N | **Y** | C | **Y** |
| Pudding: Fat-Free or Sugar-Free  All Flavors Cooked & Instant | ½ cup | 25-25 | 0-1 | 6-8 | 0-1 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Pudding: Plum | 3 oz | 235 | 0-1 | 6-8 | 0-1 | 0 | O | 0 | N | N | C | **Y** |
| Pudding: Rice Fat-Free | ½ cup | 140 | 4 | 42 | 2 | 30 | 6 | n/a | N | N | C | **Y** |
| Pudding: Fat Free, Sugar Free  & Instant All Flavors | ½ cup | 60-80 | 5 | 29 |  | 19 | 0 | 0 | N | C | C | **Y** |
| Pudding: Whole-Milk | ½ cup | 169 | 5 | 14 | 1 | 0 | 0 | 0 | N | N | C | **Y** |
| Sherbet: Lemon Lime or Orange | ½ cup | 90-127 | 0-1 | 22-32 | 0-2 | 18-32 | 0-1 | 0-1 | N | N | C | Y |
| Ben & Jerry's Sorbet:  Berried Treasure Jamaican  Me Crazy Strawberry Kiwi Swirl | ½ cup | 110-130 | 0 | 28-33 | 1-4 | 24-28 | 0 | 0 | N | N | C | **Y** |
| Syrup: Butterscotch,  Caramel Chocolate Fudge | 1 Tbs | 52-67 | 0-1 | 6-10 | 0-2 | 6-10 | 0 | 0 | N | N | C | **Y** |
| Syrup: Sugar-Free Caramel or Choc | 1 Tbs | 0-10 | 0 | 0 | 0 | 0 | 02 | 0-1 | C | **Y** | **Y** | **Y** |
| Tapioca: Fat-Free | ½ cup | 111 | 2 | 20 | 0 | 20 | 0 | 0 | N | N | C | **Y** |
| Tapioca: Whole-Milk | ½ cup | 162 | 4 | n/a | 4 | n/a | 4 | 2 | N | N | C | **Y** |
| Topping: Marshmallow  Pineapple Strawberry | 1 Tbs | 54-60 | 0 | 14-16 | 0 | 4-6 | 0 | 0 | N | N | C | **Y** |
|  | | | | | | | | | | | | |
| **SWEETS & SNACKS** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **GENERALLY STARCH or SUGAR or BOTH** |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked: Cheetos Doritos Nacho Cheese Lays (Cheddar BBQ  Original Sour Cream & Onion)  Ruffles: Original Tostitos | 1 oz | 110-130 | 2-3 | 19-24 | 0-2 | 0-3 | 1-5 | 0-1 | N | N | C | **Y** |
| Cheese Puff:  Crunch Original or Baked | 1 oz | 158-162 | 2 | 13-15 | 0-1 | 1 | 10-11 | 2-3 | N | N | C | **Y** |
| Chex Party Mix | 1 oz | 123 | 3 | 21 | 1 | 2 | 3 | 1 | N | N | C | **Y** |
| Corn Chips: Regular BBQ  French Onion Whole Grain | 1 oz | 140-150 | 2 | 16-19 | 0-2 | 0-3 | 6-9 | 1-6 | N | N | C | **Y** |
| Corn Nut: BBQ French Onion Ranch | 1 oz | 122-132 | 2-3 | 19-20 | 2 | n/a | 4-5 | 1 | N | N | C | **Y** |
| Fruit Roll-Ups:  Cherry Grape or Strawberry | 1 oz | 52-53 | 0 | 12 | 0 | 5 | 1 | 0 | N | N | C | **Y** |
| Gold Fish Crackers | 25 fish | 65 | 1 | 10 | 1 | 3 | 3 | 1 | N | N | C | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SWEETS & SNACKS**  **PROTEIN & SUGAR** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **JERKY** |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef | 1 oz | 126 | 9 | 3 | 3 | 0 | 8 | 3 | N | C | **Y** | **Y** |
| Teriyaki, Turkey | 1 oz | 81 | 13-14 | 3-5 | 0 | 1-3 | 1 | 0 | N | C | **Y** | **Y** |
| Venison | 1 oz | 96 | 10 | 4 | 0 |  | 0 | 4 | N | **Y** | **Y** | **Y** |
| **POPCORN** |  |  |  |  |  |  |  |  |  |  |  |  |
| Air-Popped | 1 | 31 | 1 | 6 | 1 | 0 | 0 | 0 | N | C | **Y** | **Y** |
| Caramel | 1 | 122 | 1 | 22 | 1 | 15 | 4 | 1 | N | C | **Y** | **Y** |
| Caramel, Fat-Free | 1 | 108 | 1 | 26 | 1 | 18 | 0 | 0 | N | C | **Y** | **Y** |
| Original, Kettle | 1 | 80 | 1 | 16 | 2 | 10 | 1 | 0 | N | C | **Y** | **Y** |
| Oil-Popped | 1 | 55 | 1 | 6 | 1 | 0 | 3 | 1 | N | C | **Y** | **Y** |
| Pork Skins: Plain Or BBQ | .5 oz | 76-77 | 8-9 | 0 | 0 | 0 | 4-6 | 2 | N | **Y** | **Y** | **Y** |
|  | | | | | | | | | | | | |
| **SWEETS & SNACKS STARCH** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **POTATO CHIPS** |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked: Plain BBQ | 1 oz | 112-120 | 2 | 18-22 | 2 | 2 | 4 | 0 | N | N | C | **Y** |
| Fat-Free Plain | 1 oz | 108 | 2 | 24 | 2 | 2 | 0 | 0 | N | N | C | **Y** |
| Reduced-Fat or Light: Cheddar Cheese Jalapeno BBQ or Plain | 1 oz | 140-150 | 2 | 18 | 2 | 0-2 | 8 | 0-2 | N | **N** | **C** | **N** |
| **PRETZELS** |  |  |  |  |  |  |  |  |  |  |  |  |
| Hard: Rods Sticks or Twists | 1 oz | 100 | 4 | 24 | 2 | 2 | 0 | 0 | N | N | C | **Y** |
| Soft: Almond Cinnamon Sugar Garlic Original Sesame  Sour Cream & Onion | 1 med | 310-360 | 9-11 | 63-74 | 2-4 | 9-16 | 1-8 | 0-5 | N | N | C | **Y** |
| Rice Cake: Cinnamon Streusel  Banana Nut Chocolate Crunch  Honey Nut Lemon Multigrain  Peanut Butter Popcorn or Seaweed | 1 | 34-35 | 0-1 | 7 | 0 | 0 | 0 | 0 | N | N | C | **Y** |
| Sesame Stick | 1 | 50-83 | 4 | 14 | 0 | 0 | 10 | 2 | N | N | C | **Y** |
| Taro Chips Regular or Sweet Potato | 1 oz | 140-142 | 0-2 | 18-20 | 2-4 | 2 | 8 | 2 | N | N | C | **Y** |
| **TORTILLA CHIPS** |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked: Light or Low-Fat | 1 oz | 110-125 | 2-4 | 20-24 | 2 | 0 | 2-4 | 0 | N | N | C | **Y** |
| Regular | ¼ cup | 142 | 2 | 18 | 2 | 0 | 7 | 1 | N | N | C | **Y** |
| **GRANOLA BARS** |  |  |  |  |  |  |  |  |  |  |  |  |
| Almond Banana Nut Chocolate Chip | 1 | 95-117 | 2 | 14-15 | 1 | 6 | 4-6 | 1-3 | N | N | C | **Y** |
| Carob Chip | 1 | 80 | 2 | 15 | 1 | 7 | 2 | 0 | N | N | N | C |
| Fat-Free: Blueberry Chocolate Chip Raisin Raspberry or Strawberry | 1 | 140 | 2 | 36 | 3 | 14 | 0 | 0 | N | N | C | **Y** |
| Low Fat: Almond Apple Cinnamon Choc Chip Chunk Oatmeal or Raisin | 1 | 82-111 | 1-2 | 16-22 | 1 | 0-10 | 2-3 | 0-1 | N | N | C | **Y** |
| Vanilla Yogurt (Granola Bar) | 1 | 140 | 2 | 26 | 1 | 13 | 4 | 2 | N | N | C | **Y** |
| **TRAIL MIX** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Varies By Brand & Type** |  |  |  |  |  |  |  |  |  |  |  |  |
| Trail Mix: Kirkland | ¼ cup | 140 | 2 | 18 | 1 | 14 | 6 | 1 | N | N | C | **Y** |
| Trail Mix: (Trader Joe's)  Organic Fruit & Nuts | 1 oz | 130 | 8 | 12 | 3 | n/a | 8 | 2 | N | C | **Y** | **Y** |
| Trail Mix: Nature (Wal-Mart Brand) | ¼ cup | 149 | 8 | 10 | 5 | 5 | 9 | 1 | N | N | **Y** | **Y** |
| Wasabi Peas: (Trader Joe's) | ⅓cup | 80 | 1 | 12 | 1 | 4 | 3 | 1 | N | N | C | **Y** |
| **GRAVY & SAUCES**  **FAT & STARCH** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **GRAVY** |  |  |  |  |  |  |  |  |  |  |  |  |
| Au Jus | 2 Tbs | 5 | 0 | 1 | 0 | n/a | n/a | 0 | N | **Y** | **Y** | **Y** |
| Beef Chicken Pork Sausage or Turkey | 1 Tbs | 7-24 | 0-1 | 1 | 0 | n/a | n/a | 0-2 | N | **Y** | **Y** | **Y** |
| Biscuit | 1 Tbs | 77 | 0 | 9 | 0 | 0 | 5 | 0 | N | N | C | **Y** |
| **SAUCES** |  |  |  |  |  |  |  |  |  |  |  |  |
| Alfredo | 2 Tbs | 55 | 1 | 1 | 0 | 0 | 5 | 2 | N | C | **y** | **Y** |
| BBQ | 2Tbs | 24 | 0 | 4 | 0 | 2 | 0 | 0 | N | C | **Y** | **Y** |
| Basil Pesto: Melissa's | 2 Tbs | 170 | 3 | 2 | 0 | 1 | 17 | 3 | N | C | **Y** | **Y** |
| Béarnaise | 2 Tbs | 78 | 0 | 0 | 0 | 0 | 8 | 4 | N | C | **Y** | **Y** |
| Cheese | 2 Tbs | 60 | 3 | 20 | 0 | .5 | 5 | 2 | N | C | **Y** | **Y** |
| Chili | 2 Tbs | 20 | 0 | 2 | 0 | 4 | 0 | 0 | N | N | **Y** | **Y** |
| Creole | 1 Tbs | 25 | 1 | 5 | 1 | 3 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Curry | ¼ cup | 9 | 0 | 4 | 0 | 0 | 1 | 0 | N | **Y** | **Y** | **Y** |
| Enchilada | 1 Tbs | 25 | .5 | 0 | 0 | 1 | 1 | 0 | N | N | **Y** | **Y** |
| Hoi Sin | ¼ cup | 24 | 1 | 3 | 0 | 4 | 1 | 0 | N | C | **Y** | **Y** |
| Hollandaise | 1 Tbs | 43 | 1 | 7 | 0 | 0 | 5 | 3 | N | C | **Y** | **Y** |
| Marinara | 1 Tbs | 9 | 0 | 01 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Marinara, Spaghetti | ¼ cup | 57 | 1.5 | 8 | 2 | 0 | 2 | 0 | N | C | **Y** | **Y** |
| Mole Verde | 1 Tbs | 15 | 1 | 1 | 0 | n/a | 1 | 0 | N | **Y** | **Y** | **Y** |
| Mushroom | 1 Tbs | 14 | 0 | 2 | 0 | 2 | 1 | 0 | N | **Y** | **Y** | **y** |
| **\*Oyster** | **1 Tbs** | **5** | **1.5** | **0** | **1** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Spaghetti | 1 Tbs | 57 | 2 | 8 | 2 | 0 | 2 | 0 | N | **C** | **Y** | **Y** |
| Stroganoff | 1 Tbs | 40 | 0 | 8 | 0 | 0 | 0 | 1 | N | **N** | **C** | **Y** |
| Sweet And Sour | 1 Tbs | 15 | 0 | 4 | 0 | 3 | 0 | 0 | N | **C** | **Y** | **Y** |
| Taco, Red Or Green | 1 Tbs | 5-7 | 2 | 1 | 0 | 0-1 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Tamari | 1 Tbs | 10 | 1 | 0 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Teriyaki | 1 Tbs | 15 | 2 | **3** | 0 | 2 | 0 | 0 | N | **C** | **Y** | **Y** |
| Tomato | ½ cup | 39 | 1 | 9 | 2 | 5 | 0 | 0 | N | **C** | **Y** | **Y** |
| White | 1 Tbs | 27 | 1 | 1 | 0 | 0 | 2 | 1 | N | **C** | **Y** | **Y** |
| **CONDIMENTS SUGAR/CARBS** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| Barbeque Sauce: (Check Label) | 1 pkg | 6-25 | 0 | 1-7.5 | 0 | 1-6 | 0 | 0 | N | C | **Y** | **Y** |
| Barbeque Sauce: Low-Sugar | 1 Tbs | 5 | 0 | 2 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Capers Drained | 1 Tbs | 2 | 0 | 0 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Fruit Spreads: Apricot Blackberry Black Cherry Blueberry Boysenberry  Concord Grape Harvest Berry Marmalade: Orange Peach Plum Raspberry Strawberry | 1 Tbs | 38-40 | 0-1 | 10 | 0-1 | 8-10 | 0 | 0 | N | N | C | **Y** |
| Horseradish | 1 Tbs | 7 | 0 | 2 | 0 | 1 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Horseradish: Cream Mustard Sauce | 1 Tbs | 29-30 | 0-1 | 1-2 | 0-1 | 0-1 | 2-3 | 0-2 | N | C | **Y** | **Y** |
| Jams & Jelly: All Flavors Regular | 1 Tbs | 50-56 | 0 | 13-14 | 0-1 | 10-12 | 0 | 0 | N | N | **Y** | **Y** |
| Jams & Jelly: All Flavors Low-Sugar | 1 Tbs | 25 | 0 | 5-6 | 0 | 5-6 | 0 | 0 | N | N | C | **Y** |
| Jams & Jelly: Sugar-Free | 1 Tbs | 10 | 0 | 5 | 0 | 0 | 0 | 0 | N | N | **Y** | **Y** |
| Ketchup | 1 Tbs | 15 | 0 | 4 | 0 | 3 | 0 | 0 | N | C | **Y** | **Y** |
| Mayonnaise | 1 Tbs | 100 | 0 | 0 | 0 | 0 | 11 | 12 | N | **Y** | **Y** | **Y** |
| Mayonnaise: Light | 1 Tbs | 45-60 | 0 | 1-2 | 0 | 0-1 | 5 | 1 | N | **Y** | **Y** | **Y** |
| Mustard | 1 Tbs | 10 | 1 | 1 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Mustard: Honey | 1 Tbs | 21 | 1 | 4 | 0 | 3 | 0 | 0 | N | C | **Y** | **Y** |
| Olives: Black | 5 large | 25 | 0 | 1 | 2 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Olives: Green | 5 large | 50 | 0 | 3 | 5 | 0 | 5 | 0 | N | **Y** | **Y** | **Y** |
| Pickle: Bread Butter | ¼ cup | 34 | 0 | 8 | 0 | 4 | 0 | 0 | N | N | C | **Y** |
| Pickle: Dill | 1 med | 12 | 0 | 3 | 0 | 2 | 0 | 0 | N | C | **Y** | **Y** |
| Pickle: Sweet | 1 med | 29 | 0 | 8 | 0 | 4 | 0 | 0 | N | N | C | **Y** |
| Pickle: Relish | 1 Tbs | 14-19 | 0 | 4-5 | 0 | 3-5 | 0 | 0 | N | C | C | **Y** |
| **Salad Dressings** |  |  |  |  |  |  |  |  |  |  |  |  |
| Salad Dressing w/ 0 Carbs 0 Sugar & 0 Fat (i.e. Homemade Vinegar Stevia or Similar) Extreme Variances | 2Tbs | 0-120 | 0-1 | 0-3 | 0-1 | 0-2 | 0-12 | 0-2.5 | N | C | **C** | **Y** |
| Salad Dressing w/More Than 3 Carbs 3 Sugars & or More Than 12 Fats: i.e. French Catalina Lite Honey Mustard Honey Dijon Balsamic Vinaigrettes | 2 Tbs | 60-160 | 0-1 | 1-15 | 0-1 | 0-9 | 1-17 | 0-2.5 | N | **N** | **C** | **Y** |
| Salsa: Piquant Red Jalapeño  Thick & Chunky Regular | 1 Tbs | 4 | 0 | 1 | 0 | 1 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Salsa Black Bean & Corn | 2 Tbs | 15 | 1 | 3 | 0 | 1 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Soy Sauce | 1 Tbs | 11 | 2 | 1 | 0 | 0 | 0 | 0 | N | Y | Y | **Y** |
| Steak Sauce | 1 Tbs | 5 | 0 | 1 | 0 | 0 | 0 | 0 | N | **Y** | **Y** | **Y** |
| Tartar Sauce | 1 Tbs | 70 | 0 | 1 | 0 | 0 | 8 | 1 | N | N | **Y** | **Y** |
| Tartar Sauce: Low-Calorie | 1 Tbs | 31 | 0 | 2 | 0 | 0 | 3 | 0 | N | C | **Y** | **Y** |
| Vinaigrette: Balsamic,  BBQ Italian Red Wine | 1 Tbs | 25-46 | 0 | 2 | 0 | 0-2 | 2-5 | 0-1 | N | C | **Y** | **Y** |
| Vinaigrette: Basil Greek Herb | 1 Tbs | 55-85 | 0 | 1-13 | 0 | 0-2 | 6-9 | 1 | N | C | **Y** | **Y** |
| **\*Vinegar: Apple Cider White Garlic Wine Italian Herb Malt Red Wine Organic Rice or Tarragon** | **1 Tbs** | **0-3** | **0** | **0-1** | **0** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Vinaigrette:  Balsamic BBQ Italian or Red Wine | 1 Tbs | 5-12 | 0 | 0-3 | 0 | 0-2 | 0 | 0 | C | **Y** | **Y** | **Y** |
| **\*Wasabi** | **1 Tbs** | **25-45** | **0** | **0-3** | **00** | **0-2** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Worcestershire Sauce | 1 Tbs | 11 | 0 | 3 | 0 | 0 | 2 | 0 | N | **Y** | **Y** | **Y** |
| Worcestershire Sauce: Low-Sodium | 1 Tbs | 5 | 0 | 1 | 0 | 1 | 0 | 0 | N | **Y** | **Y** | **Y** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **FATS & OILS** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| Bacon Grease | 1 Tbs | 39 | 0 | 0 | 0 | 0 | 4 | 2 | N | C | **Y** | **Y** |
| Butter: Regular or Light | 1 Tbs | 34-33 | 0 | 0 | 0 | 0 | 3-4 | 2 | N | **C** | **Y** | **Y** |
| Cooking Spray | 1 Serve | 0 | 0 | 0 | 0 | 0 | 0 | 0 | N | **C** | **Y** | **Y** |
| **Oil**: Cod Liver Salmon Flaxseed Ghee Lard Margarine Almond Avocado Canola Soybean Cocoa Butter Coconut Corn & Canola Cottonseed Grapeseed Hazelnut Mustard Olive Palm Peanut Safflower Sesame Soybean  Walnut Wheat Germ | 1 Tbs | 34-41 | 0 | 0 | 0 | 0 | 4-5 | 0-4 | N | **C** | **Y** | **Y** |
| Oil: Cashew Nut | 1 Tbs | 47 | 1 | 2 | 0 | 0 | 4 | 1 | N | **C** | **Y** | **Y** |
| **HERBS & SPICES** |  |  |  |  |  |  |  |  |  |  |  |  |
| The Nutritional Label May Not Reflect These Ingreds. i.e. Grill Creations Italian Herb Lawery’s  Mc Cormick Garlic Salt & Hot Shot! Ortega Fiesta Mexican Seasoning | varies | 0-20 | 0-2 | 0-5 | 0-1 | 0-4 | 0-2 | 0 | N | **C** | **Y** | **Y** |
| Any Seasoning with More Than  4 Grams of Sugar Per Serving | varies | 10 | > 0 | > 0 | > 0 | > 4 | > 0 | 0 | N | N | C | **Y** |
| **YOU MUST READ ALL LABELS** **Commercial Seasonings Have Sugar & or Oils** | | | | | | | | | | | | |
| **HERBS & SPICES**  **Continued** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| **\*Varying In Serving Size All Herbs & Spices Are Allowed In All Phases of The WLS As Long As No Sugars or Oils (In Any Form) Are Listed On The Ingredients. DO NOT Go By The Nutritional Information Label As It May Not Reflect Small Amounts of Sugar(S) And Oil(S).** | | | | | | | | | | | | |
| **Allspice Almond Extract Anise Seed Annatto Asafetida Basil Bay Leaves Borage Caraway Seed Cardamom Seed Celery Salt Celery Seed Chervil Chicory Chili Powder Chives, Cilantro Cinnamon Cloves Cocoa Powder Unsweetened) Coriander Cumin Seed Curry Dill Seed, Dill Weed Epazote Fennel Seed, Fenugreek (Leaves Or Seed) Chinese Five-Spice Powder Thai Ginger Galangal Ginger Gingerroot Garlic Powder Garlic Salt Italian Seasoning Mace Marjoram Mexican Seasoning Blend Mustard Seed Nutmeg Onion Powder Oregano Paprika Parsley Ground Pepper: Black White Cayenne Chili Flakes Peppermint Poppy Seed Poultry Seasoning Pumpkin Spice Salt Salt Substitute Rosemary Saffron Sage Savory Sesame Seed Spearmint Tarragon Turmeric or Vanilla Extract** | **1 serving usually ¼ tsp** | **0-5** | **0-1** | **< 1** | **0** | **< 1** | **< .5** | **0** | **Y** | **Y** | **Y** | **Y** |
|  | | | | | | | | | | | | |
| **SWEETENERS**  **SUGAR** | **Serving Size** | **Calories** | **Pro** | **Carbs** | **Fibers** | **Sugar** | **Fat** | **Sat**  **Fat** | **500**  **Cal** | **21 Days**  **1500** | **Wk**  **5- 6** | **Real Life** |
| Agave Nectar: Takes Less Sugar & Lowers Glycemic Index | 1tsp | 15 | 0 | 4 | 0 | 4 | 0 | 0 | N | N | C | **Y** |
| Aspartame: Nutra Sweet or Equal | 1 serve | 0 | 0 | < 1 | 0 | 0 | 0 | 0 | N | N | N | N |
| Brown Sugar: Unpacked | 1 | 11 | 0 | 3 | 0 | 3 | 0 | 0 | N | N | C | **Y** |
| Cane Sugar: Organic or Unrefined | 1 | 16 | 0 | 4 | 0 | 4 | 0 | 0 | N | N | C | **Y** |
| Corn Syrup | 1 | 19-20 | 0 | 5 | 0 | 2 | 0 | 0 | N | N | N | N |
| Fructose: Dry | 1 | 15 | 0 | 4 | 0 | 4 | 0 | 0 | N | N | C | **Y** |
| Honey | 1 | 21 | 0 | 6 | 0 | 0 | 0 | 0 | N | N | C | **Y** |
| **\*Lakanto: All Natural**  **Fermented Erythritol Luo Han Guo** | **1** | **0** | **0** | **4** | **0** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Maple Syrup Molasses: Light & Dark | 1 tsp | 17-20 | 0 | 4-5 | 0 | 4-5 | 0 | 0 | N | N | C | **Y** |
| Powdered Sugar | 1 serve | 10 | 0 | 2 | 0 | 2 | 0 | 0 | N | N | C | **Y** |
| Saccharin: Sweet'n Low Sweet  Twin & Nutra Sweet | 1 tsp | 0 | 0 | <1 | 0 | 0 | 0 | 0 | N | N | N | N |
| Sorghum Syrup | < 1.3oz | 120 | 0 | 31 g | 0 | 31 | 0 | 0 | N | N | C | C |
| Sucralose: Splenda | 1 serve | 0 | 0 | 0 | < 1 | 0 | 0 | 0 | N | N | N | N |
| **\*Stevia: With Out Maltodextrin** | **1 pk** | **0** | **0** | **1** | **0** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| **\*JUST LIKE SUGAR: ALL Natural**  **Made of Chicory Root Organic Orange Organic Orange Rind** | **1 pk** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| Sugar Twin | 1 pk | 0 | < 1 | 0 | 0 | 0 | 0 | 0 | N | N | N | N |
| **\*Truvía** | **1 pk** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **Y** | **Y** | **Y** | **Y** |
| White Sugar | 1 tsp | 0 | 4 | 0 | 4 | 0 | 0 | 0 | **N** | **N** | **N** | **N** |