

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net carbs	Protein (g)
Asparagus, cooked, 1 cup	46	2	6	4	2	5
Beans, cooked (black, kidney, chick peas, lentils) 0.25 cup	55	0	10	3	7	4
Beans, green, cooked, 1 cup	34	.5	8	4	4	2
Blueberries, raw, whole, 0.25 cup	21	0	5	1	4	0
Broccoli, cooked, chopped, 0.5 cup	27	0	6	3	3	2
Brussel Sprouts, raw, 1 cup	38	0	8	3	5	3
Cabbage, green, raw, shredded, 4 oz.	23	0	5	2	3	1
Carrots, baby, raw, 2 oz.	20	0	6	2	4	0
Cauliflower, cooked, 1 cup	28	0	6	2	4	2
Celery, raw, chopped, 1 cup	36	0	7	4	3	2
Cucumber, raw, sliced, 10 oz.	29	0	6	2	4	1
Eggplant, raw, 6 oz.	33	0	8	5	3	1
Garlic, 6 cloves	24	0	6	0	6	0
Green beans, cooked, 0.5 cup	22	0	5	1	4	1
Kale, raw, chopped, 2 oz.	28	0	6	1	5	2
Lemon juice, 1 tbsp.	3	0	1	0	1	0
Lettuce, any green leaf, shredded, 3 cups	24	0	6	3	3	3
Lettuce, iceberg, shredded, 3 cups	24	0	6	3	3	0
Lettuce, Romaine shredded, 3 cups	24	0	6	3	3	3
Lime juice, 1 tbsp.	3	0	1	0	1	0
Mushrooms, button, raw, 6 oz.	37	1	6	2	4	5
Mushrooms, Portabella, raw, 4 oz.	29	0	6	2	4	3
Onion, green, 0.5 cup	16	0	4	1	3	1
Onion, white, raw, 0.5 cup	33	0	7	1	6	1
Pepper, Bell, raw, 4 oz.	23	0	5	2	3	0
Potato, white, cooked, 0.5 cup	95	4	13	2	11	1
Raspberries, raw, whole, 0.5 cup	32	0	7	4	3	1
Rice, white, cooked, 0.25 cup	51	0	11	0	11	1
Shallots, chopped, 2 tbsp.	14	0	4	0	4	0
Spinach, cooked, from frozen, 5 oz.	57	3	5	3	2	4
Spinach, raw, 6 oz.	38	1	6	4	2	1
Squash, Spaghetti, cooked, 1 cup	75	0	10	2	8	1
Squash, summer, cooked, sliced, 1 cup	36	0	8	3	5	2
Strawberries, raw, whole, 0.5 cup	23	0	6	2	4	0
Swiss Chard, chopped coarse, 3 cups	21	0	4	2	2	2
Tomato sauce, 0.5 cup	40	0	8	2	6	2
Tomato, raw, 6 oz.	31	0	7	2	5	1
Turnips, raw, 4 oz.	32	0	7	2	5	1