

Food Item	Cal. Per Oz.	Total Ounces	Calories
Apple, medium, cored	15		0
Grapefruit, 1/2 medium, weigh unpeeled	9		0
Orange, fresh 1 medium, weigh unpeeled	13		0
Strawberries, fresh, 6 large	9		0
<b>VEGETABLES 2 servings eat a different one at each meal</b>			
Asparagus, raw	6		0
Beet Greens	6		0
Broccoli	10		0
Cabbage	7		0
Celery	4		0
Chard	7		0
Cucumber	3		0
Fennel	9		0
Lettuce,Cos,Romaine	5		0
Lettuce, Spring Mix	4		0
Onion, bulb raw	12		0
Onion, green, raw	9		0
Radish	5		0
Spinach	7		0
Tomatoes, raw	5		0
Yellow Summer Squash	7		0
<b>PROTEIN 3.5 ounces uncooked weight</b>			
<b>BEEF</b>			
Hamburger 95% Lean	38		0
Steak, Ribeye	76		0
Steak, Round	40		0
Steak, Sirloin	53		0
Steak, Tenderloin	55		0
<b>CHICKEN, Boneless/Skinless</b>			
Regular chicken	31		0
Natural or Organic	27		0
<b>FISH / SEAFOOD</b>			
Catfish	30		0
Flounder/Sole	26		0
Halibut	31		0
King Crab	49		0
Prawn	30		0
Red Snapper	36		0
Scallops	25		0
Shrimp	30		0
Tilapia	37		0
<b>Occasional Substitues**</b>			
Lg. whole brown organic egg*(Protein Substitute)	70		0
3 Lg.brown organic egg whites* (Protein Substitute)	53		0
1/2 c. Fat Free Cottage Cheese* (Protein Substitute)	70		0
<b>1 Fruit or 1 Vegetable Substitutue***</b>			
3/4 c. Plain Non-Fat Yogurt (may sweeten with Stevia)	75		0
<b>MISC.</b>			
Apple Cider Vinegar, Organic	0		0
Coffee, plain	0		0
Grissini*	12		0
Lemon Juice	7		0
Melba Toast*	20		0