

Grains							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
0.5 cup	Bulgur-wheat, cooked	16.9	4.1	12.8	0.2	2.8	76
2 lbs	Cornmeal	11.7	1.1	10.6	0.5	1.2	55
0.5 cup	Couscous, cooked	18.2	1.1	17.1	0.1	3	88
0.5 cup	Honiny, cooked	11.8	2.1	9.7	0.7	1.2	59
0.5 cup	Kasha, cooked	74.3	9.4	64.8	2.7	11.6	343
0.5 cup	Millet, cooked	28.4	1.6	26.8	1.2	4.2	143
2 lbs	Oat Bran, dry	7.8	1.8	6	0.8	2	29
0.5 cup	Pearled Barley, cooked	22.2	3	19.2	0.3	1.8	97
0.25 cup	Quinoa Grain, dry	29.3	2.5	26.8	2.5	5.6	159
0.5 cup	Rice, brown, cooked	22.4	1.8	20.6	0.9	2.5	108
0.5 cup	Rice, white, cooked	22.3	0.3	21.9	0.2	2.1	103
0.5 cup	Rice, wild, cooked	17.5	1.5	16	0.3	3.3	83
2 lbs	Wheat Germ, toasted	7	1.8	5.2	1.5	4.1	54

Gravies & Sauces							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
2 lbs	Barbeque sauce	4	0.4	3.6	0.6	0.6	23
0.25 cup	Gravy, au jus	1.5	0	1.5	0.1	0.7	10
0.25 cup	Gravy, canned (chicken, beef, turkey, etc.)	3.2	0.2	3	3.4	1.1	47
2 lbs	Hollandaise sauce	0.3	0	0.3	9.1	1	85
0.25 cup	Spaghetti/Marinara sauce	5.1	1	4.1	1.3	0.9	36
0.25 cup	Sweet & Sour sauce	15.1	0.1	15.1	0	0.2	59
2 lbs	Tartar sauce	1.2	0.1	1.1	16.4	0.4	149
2 lbs	Teriyaki sauce	5.7	0	5.7	0	2.1	30
0.25 cup	Tomato sauce	4.4	0.9	3.5	0.1	0.8	18

Herbs							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 lbs	Basil, fresh	0.1	0.1	0	0	0.1	1
1 lbs	Chives, fresh	0.1	0.1	0	0	0.1	1
1 lbs	Cilantro (Chinese Parsley)	0.1	0.1	0	0	0.1	1
1 lbs	Dill, fresh	0	0	0	0	0	0
1 lbs	Parsley, fresh	0.2	0.1	0.1	0	0.1	1

Meat - Poultry							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
6 oz-wt	Chicken Breast Cutlet	0	0	0	12.7	48.7	322
6 oz-wt	Chicken Breast, boneless	0	0	0	12.7	48.7	322
1 each	Chicken Leg	0	0	0	15.4	29.7	265
2 lbs	Chicken Liver Pate, canned	1.7	0	1.7	3.4	3.5	52
1 each	Chicken Thigh	0	0	0	9.6	15.5	153
6 oz-wt	Chicken Thigh, boneless	0	0	0	34.6	39.2	479
6 oz-wt	Chicken Thigh, skinless, boneless	0	0	0	8.9	44.6	270
1 each	Chicken Wing	0	0	0	6.6	9.1	99
6 oz-wt	Chicken, ground	0	0	0	22.5	40.2	374
6 oz-wt	Chicken, light and dark, Roasted, chopped	0	0	0	12.6	49.2	323
6 oz-wt	Chicken, whole	0.1	0	0.1	14.7	29.8	260
2 oz-wt	Chicken/turkey sausage	0.3	0	0.3	6.4	9.6	97
6 oz-wt	Cornish Game Hen	0	0	0	26.1	31.9	372
6 oz-wt	Duck breast, skinless	0	0	0	9.6	4.5	279
6 oz-wt	Duck, whole	0	0	0	89.2	26.1	916
6 oz-wt	Goose, whole	0	0	0	23.6	27.1	329
6 oz-wt	Turkey Breast Cutlet	0	0	0	1.5	59.3	266
6 oz-wt	Turkey Breast, skinless, boneless	0	0	0	1.5	59.3	266
6 oz-wt	Turkey, ground	0	0	0	21.2	44.1	378
6 oz-wt	Turkey, whole	0.1	0	0.1	12.2	36.1	264

Meat - Pork							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
3 piece	Bacon	0.1	0	0.1	9.4	5.8	109
3 piece	Canadian Bacon	0.9	0	0.9	5.9	16.9	129
6 oz-wt	Ground Pork	0	0	0	33.4	41.4	478
6 oz-wt	Ham, boneless	0	0	0	15.3	38.5	303
2 oz-wt	Kielbasa	0.8	0	0.8	17.2	7.6	191
1 oz-wt	Pachetta	0.2	0	0.2	14	8.6	163
6 oz-wt	Pork Chop, center cut	0	0	0	9.7	64.9	237
2 oz-wt	Pork Frankfurter	1.4	0	1.4	16.5	6.4	181
6 oz-wt	Pork Loin Chops	0	0	0	32.4	27.9	412
6 oz-wt	Pork Loin Roast	0	0	0	19.7	36.4	333
6 oz-wt	Pork Loin, boneless	0	0	0	24.9	46.1	422
2 each	Pork Sausage	2	0	2	34.4	26.8	433
6 oz-wt	Pork Spareribs	0	0	0	51.5	49.4	475
6 oz-wt	Pork Tenderloin	0	0	0	8.2	47.9	279
6 oz-wt	Prosciutto	0.9	0	0.9	13	37.4	281

Meat - Beef & Veal							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
6 oz-wt	Beef Brisket	0	0	0	43.2	41.8	569
6 oz-wt	Beef Chuck	0	0	0	31.6	50.1	498
6 oz-wt	Beef Eye Round	0	0	0	24	45.2	410
1 oz-wt	Beef Jerky	3.1	0.5	2.6	7.3	9.4	116
6 oz-wt	Beef Short Ribs	0	0	0	71.4	36.7	801
6 oz-wt	Beef Tenderloin	0	0	0	41.8	40.7	551
6 oz-wt	Beef, Ground, Chuck	0	0	0	44	38.9	562
6 oz-wt	Beef, Ground, Round	0	0	0	28.1	46.7	454
6 oz-wt	Calf Liver	10.4	0	10.4	9.9	40.5	304
6 oz-wt	Chuck Eye Steak	0	0	0	41.1	46.2	568
6 oz-wt	Corned Beef Brisket	0.3	0	0.3	33.8	33.3	449
6 oz-wt	Cubed Steak	0	0	0	8.3	53.9	306
2 oz-wt	Frankfurter, Beef	1.1	0	1.1	16.6	7.2	185
6 oz-wt	Ground Veal	0	0	0	12.9	41.5	293
Meat Raw Boneless: Beef							
6 oz-wt	Steak-Shell-All-Lean-1/4 Trim-Brd	0	0	0	11.8	36	261
6 oz-wt	Prime Rib	0	0	0	56.4	36.9	667
6 oz-wt	Rib Eye Roast	0	0	0	37.8	42.4	522
6 oz-wt	Rib Eye Steak	0	0	0	19.9	47.7	383
6 oz-wt	Roast Beef, Deli	2.3	0	2.3	5.2	34.3	193
6 oz-wt	Shell Steak	0	0	0	21.3	64.9	469
6 oz-wt	Sirloin Steak	0	0	0	13.6	51.7	344
6 oz-wt	Sirloin Steak	0	0	0	54.7	61.6	738
6 oz-wt	Top Loin	0	0	0	12.1	51	327
6 oz-wt	Top Sirloin	0	0	0	30.4	44.2	463
6 oz-wt	Veal Arm Shoulder	0	0	0	13.1	40.4	291
6 oz-wt	Veal Breast	0	0	0	33.5	39.6	472
6 oz-wt	Veal Cutlet	0	0	0	30.4	53.4	502
6 oz-wt	Veal Loin	0	0	0	30.4	53.4	502
6 oz-wt	Veal Rib Chop	0	0	0	22.2	38	362
6 oz-wt	Veal Round Steak	0	0	0	7	47.6	265
6 oz-wt	Veal Scallops	0	0	0	6.3	52.2	279
6 oz-wt	Veal Shank	0	0	0	7.9	43.4	256
6 oz-wt	Veal Stew Meat	0	0	0	13.4	40.2	292

Meat - Lamb							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
6 oz-wt	Ground Lamb	0	0	0	30.3	38.2	436
6 oz-wt	Lamb Rib Chops	0	0	0	50.3	37.6	614
6 oz-wt	Lamb Shoulder	0	0	0	12.6	46.2	312
6 oz-wt	Lamb Stew Meat	0	0	0	15	57.3	379
6 oz-wt	Leg of Lamb, bone in	0	0	0	8.2	30	203
6 oz-wt	Rack of Lamb, bone in	0	0	0	9.9	19.5	173

Meat - Lunch Meats							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
3 oz-wt	Beef Bologna	0.7	0	0.7	24.2	10.4	265
3 oz-wt	Beef Salami	2.4	0	2.4	17.6	12.8	223
3 oz-wt	Beef Pastrami	2.6	0	2.6	24.8	14.7	297
3 oz-wt	Del Ham	1.5	0	1.5	23.3	13.7	91
3 oz-wt	Pork Bologna	0.6	0	0.6	16.9	13	210
3 oz-wt	Pork Salami	1.4	0	1.4	28.7	19.2	346
3 oz-wt	Turkey Bologna	0.8	0	0.8	12.9	11.7	169
3 oz-wt	Turkey Breast	0	0	0	6	21.3	162
3 oz-wt	Turkey Roll	0.5	0	0.5	6.1	15.9	125