

Table 1

	Serving Size	Calories per serving	Protein grams per serving	Carb grams per serving	Fat grams per serving	Sugar grams per serving
<b>PROTIEN</b>						
Chicken Breast	1 oz	40	8	0	1	0
Chicken Thigh	1 oz	60	7.4	0	3.1	0
Ground Turkey	1 oz	30	6.5	0	0.3	0
Ground Beef	1 oz	56	7.6	0	2.7	0
Flank Steak	1 oz	61	7	0	3	0
Top Sirloin	1 oz	58	8	0	3	0
Wild caught Salmon	1 oz	51	7.1	0	2.3	0
Wild caught Cod	1 oz	27	6.4	0	0.24	0
Wild caught Mahi Mahi	1 oz	30.5	6.6	0.25	0.3	0
Wild caught Rockfish	1 oz	27.5	5.25	0	0.5	0
Wild caught Yellowfin Tuna	1 oz	30.5	6.6	0	0.3	0
Farm fresh Whole egg	1	60	6	0	4	0
Egg White	1 oz	20	5	1	0	0
<b>CARBS</b>						
No Carbs		0	0	0	0	0
Brown rice	1/2 cup cooked	108	2.6	22.4	1	0.3
White rice	1/2 cup cooked	104	2	22	0.2	0.1
Black rice	1/2 cup cooked	160	5	34	1.5	1
Quinoa	1/2 cup cooked	110	4	20	1.6	0
Yams	1/2 cup cooked	146	2	40	0.5	0.7
Sweet potato	1/2 cup cooked	124	2.25	29	0.25	9.4
Petite Potato	100g with skin cooked	84	0.3	18	0	2
Butternut squash	1/2 cup cooked	44	1.2	10.4	0.4	4
Spinach	2 cups	17	2.1	2.7	0.3	0.3
Mixed Salad	2 cups	13	0.8	2.7	0.3	0.3
Green Beans	100 g	35	1.9	7.9	0.3	1.6
Broccoli	100 g	35	2.4	7.2	0.4	1.4
Brussel Sprouts	100 g	36	2.6	7.1	0.5	1.7
Asparagus	6 spears	20	2.2	3.7	0.2	1.2
Cauliflower	100 g	48	2	4	3	1
<b>FATS</b>						
Avocado	1 oz	50	1	3	4.5	0
Almond butter	1 Tbsp	105	5	3	9	1
Avocado oil	1 Tbsp	130	0	0	14	0
Toasted sesame oil	1 Tbsp	120	0	0	14	0
raw sunflower seeds	1 oz	164	6	6	14	1
walnuts	1 oz	190	4	4	18	1
coconut milk	1 oz	68	1	2	7	1