

Lean proteins					
Pick 1	Amount (cooked)	Protein	Carbs	Fat	Calories
Fat Free Greek Yogurt (Fage)	1 cup	23g	9g	0g	130
Whole Eggs (hardboiled)	3 eggs	18g	2g	15g	210
Egg whites	6 egg whites	21g	2g	0g	103
99/1 Ground Turkey	6oz	39g	0g	3g	195
Shrimp	6oz	36g	0g	3g	180
Shredded Chicken Breast (baked/boiled)	6oz	39g	0g	2g	180
92/8 Ground Chicken	6oz	33g	0g	14g	255
90/10 ground beef (cooked)	4oz	23g	0g	11g	200
Top Round (cooked)	4oz	29g	0g	4g	150
Salmon (canned)	4oz	28g	0g	8g	180
Veggies (raw)					
Pick 3-4	Amount (raw, chopped)	Protein	Carbs	Fat	Calories
Bell peppers (red or green)	0.5 cups	1g	5g	0g	20
Jalapeño peppers	1 pepper	0g	1g	0g	4
Shredded carrots	0.5 cups	1g	6g	0g	26
Cherry tomatoes	10 tomatoes	2g	7g	0g	31
Cucumber	0.5 cups	0g	2g	0g	8
Corn	0.25 cups	1g	6g	1g	37
Bok choy	1 cup	1g	3g	2g	35
Radishes	0.5 cups	0g	2g	0g	9
Snow peas	1 cup	2g	6g	0g	35
White onion	0.25 cups	0g	4g	0g	16
Red onion	0.25 cups	0g	2g	0g	8
Mushrooms (button)	1 cup (pieces)	2g	2g	0g	16
Green onion	1 shoot	1g	0g	0g	4

Greens (raw)					
Pick 1	Amount (raw)	Protein	Carbs	Fat	Calories
Shredded cabbage	3 cups	3g	12g	0g	60
Spinach	3 cups	3g	3g	0g	24
Arugala	3 cups	2g	2g	0g	16
Mixed greens	3 cups	2g	5g	0g	28
Romaine lettuce	3 cups	0g	5g	0g	20
Butter lettuce	3 cups	2g	4g	0g	24
Iceberg lettuce	3 cups	2g	6g	0g	30
Dressing					
Pick 1	Amount	Protein	Carbs	Fat	Calories
Red wine vinegar	3 tablespoons	0g	1g	0g	4
Balsamic vinegar	2 tablespoons	0g	8g	0g	30
White wine vinegar	3 tablespoons	0g	3g	0g	9
White vinegar	2 tablespoons	0g	2g	0g	5
Dijon (1tbsp) red wine vinegar (2 tbsp) dill	3 tablespoons	0g	4g	0g	16
Red wine vinegar and oregano	3 tablespoons	0g	1g	0g	4
Lemon juice	1 lemon	0g	3g	0g	12
Lemon juice (1 lemon) , Dijon (1 tbsp), dill	Roughly 3 tablespoons	0g	7g	0g	28
Lime juice	1 lime	0g	3g	0g	12
Lime juice and cilantro	2 tablespoons	0g	3g	0g	12
Optional					
Blueberries	0.25 cups	1g	5g	0g	21
Strawberries (chopped)	0.25 cups	1g	3g	0g	12
Over 1,000,000 500 calories or less					

58g of carbs is the max

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