

PROTEINS

<u>WT (oz)</u> <u>RAW</u>	<u>GRAMS</u>	<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>	<u>CALS</u>
Chicken Breast (4)	110	25	0	2	180
Egg Whites (8)	230	25	2	0	118
Turkey Breast (6)	100	25	0	1	120
Tilapia (4.77)	135	25	5	1.5	117
Red Snapper (4.4)	125	25	0	1	145
Ahi Tuna (3.5)	100	25	0	4	145
Swordfish (5.75)	130	25	0	5	154
Cat Fish (5.0)	143	25	0	4.5	147
Scallops (5.75)	163	25	5.5	.5	132
Shrimp (4.87)	138	25	2	1	125
Grouper (4.4 oz)	125	25	0	1	114
Turkey Bacon (.53)	15	3	0	.5	22

Limit beef to 3 times per week – maximum

Flank Steak (4.17)	118	25	0	9	185
Eye Round Stk (4.17)	118	25	0	5	156
Sirloin Steak (4.17)	118	25	0	2	118
Filet Mignon (4.17)	118	25	0	9	189
Lean Gr. Beef (4.0)	115	25	0	6	156

Kays/proteins & carbs

CARBOHYDRATES

<u>WT</u> cooked	<u>GRAMS</u>	<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>	<u>CALS</u>
Brown Rice (1 cup)	49	3.5	37	0	175
Jasmine Rice (1 cup)	47	3	37	0	167
Sweet Potato (4 oz)	103	3.5	37	.5	164
Red Potato (7.7 oz)	218	6	37	0	147
White Potato (7.7 oz)	220	4.5	37	0	167
Instant Grits (1.7 oz)	48	3.5	37	0	170
Oatmeal (1 cup)	40	5	27	2.5	150
Rice Cakes (1.1 oz) (lightly salted)	32	3.5	25	0	123
W. W. Eng Muffin (1)		6	26	2	140

* Try to limit breads, wraps or pitas as they are processed carbohydrates
(Once a day - limit of 3 days a week)

- All vegetables are fibrous carbohydrates and are considered unlimited in your daily intake, except potatoes (see above).
- The most nutrient rich options include: broccoli, cauliflower, asparagus, green beans, spinach, zucchini and romaine lettuce.

Carrots, peas and corn should be avoided by those who have a lot of weight to lose (e.g., over 90 pounds) since they are high in sugar.