

Phase 2 - Food & Calorie Chart

PROTEIN	MEAT	POULTRY	SEAFOOD
100 grams	Fillet Mignon	Boneless Chicken Breast	White fillets non oily
100 grams	Sirloin	Lean Chicken Mince	Flounder
100 grams	Extra Lean Mince	Turkey Breast	Sole
100 grams	Veal	Lean Turkey Mince	Bream
100 grams	Buffalo	1 Egg Yolk 2 Whites	Bass
100 grams	Kangaroo		Prawns
100 grams			Scallops

Fish (avg 98 calories)

Cod (100grams) – 83 calories

Crab Meat (100grams) – 100 calories

Flounder (100grams) – 90 calories

Haddock (100grams) – 88 calories

Halibut (100grams) – 110 calories

Lobster (100grams) – 98 calories

Red Snapper (100grams) – 110 calories

Shrimp (100grams) – 110 calories

Bream (100grams) – 94 calories

Beef

Very Lean Beef (avg 152 calories)

93/7 Lean Ground Beef (100grams) – 150 calories

Cube Steak (100grams) – 160 calories

Sirloin Tip Side Steaks (100grams) – 130 calories

Top Round Steak (100grams) – 166 calories

Fillet Steak (100grams) – 154 calories

Chicken

Chicken Breast (100grams) – 87 calories

Veggies Fruits and Beverages

VEGETABLES	FRUITS	BEVERAGES
Asparagus	Strawberries	Bottled or Filtered Water
Broccoli	Oranges	Sparkling Mineral Water
Cabbage	Grapefruit	Herbal Teas
Green Bell Pepper	Green Apples	Green Tea
Brussels sprouts	Lemons	Black Tea
Spinach/ Beet Greens		Wu-Long Tea
Celery	BREAD/NOODLES	Coffee
Cucumber	Grissini Bread Stick	1 Tbs Milk Daily
Tomato	Melba Toast	
White and Green Onions	Shirataki Noodles	
Green Leaf Lettuce		
Garlic / Chard		

Vegetables (avg 18.8 cal)

Asparagus (100grams) – 20 calories
Asparagus (5cm tip) – 1 calories
Asparagus (small spear) – 2 calories
Asparagus (medium spear) – 3 calories
Asparagus (large spear) – 4 calories
Broccoli (100grams) – 34 calories
Broccoli (1 cup – 88g) – 30 calories
Broccoli (12cm spear – 31 g) – 11 calories
Celery (100grams) – 15 cal
Celery (medium stalk) – 6 calories
Cabbage (100grams) – 24 calories
Cabbage (1 cup shredded) – 17 calories

Cucumber (100grams) – 12 calories
Cucumber (small) – 19 calories
Cucumber (medium) – 24 calories
Cucumber (large) – 34 calories
Cucumber (English long) – 60 calories
Lettuce, all varieties (100grams) – 20 calories
Lettuce, all varieties (1 cup) – 8 calories
Lettuce, all varieties (small head) – 32 calories
Red Radishes (100grams) – 12 calories
Red Radishes (one medium) – 1 calories
Spinach, raw (100grams) – 20 calories
Spinach, raw (1 cup) – 7 calories
Spinach, frozen (100grams) – 23 calories
Spinach, frozen (1 cup) – 41 calories
Spinach, cooked (100grams) – 31 calories
Spinach, cooked (1 cup) – 48 calories
Tomato (100grams) – 20 calories
Tomato (cherry x 5) – 7 calories
Tomato (plumb) – 11 calories
Tomato (small) – 16 calories
Tomato (medium) – 22 calories
Tomato (large) – 33 calories

Fruit

Apple (small) – 55 calories

Apple (medium) – 72 calories
 Apple (large) – 110 calories
 Orange (navel) – 69 calories
 Orange (Florida) – 65 calories
 Orange (California) – 59 calories
 Strawberries, 12 large – 72 calories
 Strawberries, 20 medium – 80 calories
 Pink Grapefruit (medium) – 62 calorie

Bread

Grissini Breadstick (3 grams) - 20 calories
 Melba Toast (3 grams) - 12 calories
 Melba Toast (3 grams) - 20 calories
 Shirataki noodles (found in most Asian stores) - 10 calories

Herbs Spices Sauces and Sweeteners

HERBS	SPICES	SAUCES & SWEETENERS
Rosemary	Curry	Braggs Aminos
Thyme	Paprika	Worcestershire Sauce
Parsley	Ginger	Horseradish Sauce
Basil	Turmeric	Stevia drops or powder
Lemon Grass	Clove	

HERBS	SPICES	SAUCES & SWEETENERS
Garlic Powder	Garam Masala	
Red Pepper	Paprika	
Tomato Paste	Cinnamon	
Oregano	Black / White Pepper	
	Cayenne Pepper	
	Lemon Grass	
	Spice Mixes without sugar	

*Just make sure that all sauces spices are sugar free and not high in calories

