

** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;

protein

Anchovies, canned in oil, drained solids Quantity: 5 fillets 20g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
42	2	0	6	0	0	733	17	1	46	8	0	0	1	109	14	1	423

Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
139	5	0	22	0	0	60	65	2	8	0	0	0	0	320	20	6	24

Beef, ground round 85% lean (cooked) Quantity: 3oz 85g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
218	13	0	24	0	0	76	77	3	19	0	0	0	0	346	21	6	38

Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
173	9	0	21	0	0	64	70	2	13	0	0	0	0	309	20	5	34

Bison Burger (cooked) Quantity: 3oz 85g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
152	7	0	22	0	0	65	60	3	12	0	0	0	0	300	20	5	38

Chicken, breast tenderloins boneless skinless Quantity: 112g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	1	0	26	0	0	75	65	1	20	0	1	0	0	301	33	1	60

Egg, Brown cage free Eggland organic Quantity: 1 large

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
70	4	0	6	0	0	65	170	1	20	300	0	0	8	67	8	1	39

Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
135	4	0	23	0	0	50	85	0	40	0	0	12	3	10	28	0	1117

Soy Protein Isolate, GeniSoy Ultra Quantity: 35.5g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
130	2	5	25	0	4	300	0	5	450	0	0	0	0	125	11	1	109

Tilapia, cooked dry heat Quantity: 4oz 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
128	3	0	26	0	0	56	57	1	14	0	0	0	1	380	34	0	269

Tofu, organic extra firm Quantity: 1 slice 84g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
46	2	2	6	0	0	53	0	1	26	0	0	0	0	129	23	1	0

Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	2	4	25	0	0	40	60	2	18	58	1	0	0	484	54	1	311

Tuna, canned in water, white albacore Quantity: 3oz 85g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
109	3	0	20	0	0	320	36	1	12	17	0	0	1	201	28	0	808

Turkey Sausage, lean, sweet Quantity: 1 link 91g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	8	4	15	1	0	440	70	2	60	500	1	0	0	271	19	4	146

Turkey, ground 93/7 lean Quantity: 4oz

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	7	0	21	0	0	85	90	0	40	0	0	0	0	221	20	2	164

Turkey, ground breast 99% lean Quantity: 4oz

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	1	0	25	0	0	40	50	2	21	0	0	0	0	221	20	2	78

Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
90	5	0	10	0	0	370	45	1	20	0	0	0	0	110	10	1	82

Vegetable Protein Powder Quantity: 2 Tbsp 20g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	1	0	17	0	0	200	0	2	0	0	0	0	0	0	0	0	55

Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	1	1	16	0	0	75	35	0	20	0	0	0	0	40	3	0	0