



Fish, Meats, Eggs			
Item	Serving Size	Calories	Fat gm
Pork	4 oz Loin	215	8.5
Bacon	1 slice	80	7
Ham	2 oz	70	1.5
Sausage	2 oz (Link)	190	16
Salami	1 oz Pork	119	10.4
Chicken	1 oz Baked	42	1
Chicken	2 oz Fried	160	10
Chicken	4 Wings	410	15
Beef	4 oz 80/20	304	20
Beef	4 oz Brisket	334	22
Beef	6 oz T-bone	640	42
Turkey	2 oz Tenderloin	80	0
Turkey	2 oz 81/15	120	8.5
Turkey	3 Meatballs	180	13
Duck	3 oz Roast	175	10.5
Lamb	3 oz Braised	250	18
Shrimp	4 oz Boiled	112	1.2
Shrimp	3 oz Fried	200	10
Tuna	4 oz Ahi Steak	120	1
Salmon	3 oz Grilled	170	7.5
Scallops	4 Pan Sear	195	7.6
Oyster	1 Lg Raw	40	1.2
Trout	2 oz Baked	90	4
Eggs	1 Boiled	60	4
Eggs	2 Scrambled	250	21

Fats & Oils			
Item	Serving Size	Calories	Fat gm
Lard	1 Tbsp	120	13
Butter	1 Tbsp	70	7
Margarine	1 Tbsp	100	11
Corn Oil	1 Tbsp	120	14
Olive Oil	1 Tbsp	120	14
Sunflower	1 Tbsp	120	13.6
Sesame Oil	1 Tbsp	120	13.6

Vegetables			
Item	Serving Size	Calories	Fat gm
Broccoli	1 Cup	31	0.3
Carrot	1/2 Cup	30.4	0.1
Cucumber	1/2 Cup	7.8	0.1
Kale	1 Cup	33	0.6
Onion	1 Cup	35.5	0
Spinach	1 Cup	30	0

Fruits			
Item	Serving Size	Calories	Fat gm
Apple	1 Cup Slice	57	0.2
Banana	1 Small	90.1	0
Orange	1 Navel	87	0.2
Grapes	1 Cup	61.6	0.3
Pear	1 Med	102	0.2
Tomato	1 Vine	15	0.2

Sourced from MyFitnessPal.com



Dessert			
Item	Serving Size	Calories	Fat gm
Doughnut	1 Regular	280	14
Doughnut	1 Jelly	310	14
Cake	Carrot Slice	280	13
Cake	Chocolate Slice	220	9
Pie	Apple Slice	270	13
Pie	Lemon Slice	369	16
Ice Cream	3 oz Vanilla	160	8
Sherbert	4 oz orange	90	0.5
Cholocate	4 pc Dark Almnd	105	7.5
Chololate	Milk Bar	220	13
Cheesecake	Plain Slice	440	31

Snacks			
Item	Serving Size	Calories	Fat gm
Chip	Potato		
Chip	Tortilla		
Popcorn	1 Cup	31	0.4
Crackers	5 pc Zip Wht	70	2.5
Crackers	6 pc Ritz	200	11
Penuts	1 oz Salt	160	13
Rice Cake		38	0.3
M&M's	10 pc plain	34	1.5
Pretzles	1 oz Salt	110	1
Humas	2 Tbsp	70	6
Salsa	2 Tbsp	10	0

Fast Food			
Item	Serving Size	Calories	Fat gm
Burger	Big Mac	540	28
Burger	Whopper	630	38
Hot Dog	Sonic	320	16
Taco	Taco Bell Shell	170	10
Taco	Cabana Soft	230	9
Tater Tots	Sonic Med	220	12
French Fries	N&Out	395	18
Chip Cheese	Fuzzy's	990	55
Bagel Egg	Chich-fil-a	480	20
McMuffin	Sausage	400	25

Condiments			
Item	Serving Size	Calories	Fat gm
Mayo	1 Tbsp	100	11
Mrcl Whp	1 Tbsp	40	3.5
Mustard	1 tsp Yellow	5	0
Mustard	1 tsp Brown	5	0
Ketchup	1 Tbsp	16	0
Dressing	1 Tbsp Blsmc	25	2.5
Dressing	1 Tbsp Ranch	160	17
BBQ	2 Tbsp Sauce	50	0
Honey	1 Tbsp	64	0
Tzatziki	2 Tbsp	30	2

Drinks			
Item	Serving Size	Calories	Fat gm
Coffee	1 cup Black	3	0
Coffee	Retail Latte	290	15
Cola	1 Can	90	0
Sprite	1 Can	140	0
Juice	12 oz Cranberry	150	0
Hot Chclt	1 cup	110	5
Wine	5 oz	122	0
Beer	1 pint	165	0
Whiskey	3 oz	207	0
Vodka	1 oz	64	0

Misc			
Item	Serving Size	Calories	Fat gm
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