

| 4oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
|----------------------|-----------------|---------|------|---------------|-------|
| Grilled Chicken | 134.4 | 25.2 | 2.9 | 0 | 0 |
| Ground Chicken | 165.9 | 20.2 | 9.4 | 0 | 0 |
| Ground Turkey (93/7) | 238.6 | 30.4 | 13 | 0 | 0 |
| Ground Beef (90/10) | 257.6 | 31.9 | 13.5 | 0 | 0 |
| White fish | 100.8 | 20.5 | 1.5 | 0 | 0 |
| Salmon | 164.7 | 23 | 7.4 | 0 | 0 |
| Shrimp | 95.2 | 22.5 | 0.6 | 0 | 0 |
| | | | | | |
| 6oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Grilled Chicken | 201.6 | 37.8 | 4.4 | 0 | 0 |
| Ground Chicken | 248.8 | 30.3 | 14.1 | 0 | 0 |
| Ground Turkey (93/7) | 362.1 | 46.1 | 19.7 | 0 | 0 |
| Ground Beef (90/10) | 386.4 | 47.8 | 20.2 | 0 | 0 |
| White fish | 151.2 | 30.8 | 2.2 | 0 | 0 |
| Salmon | 247.1 | 34.5 | 11 | 0 | 0 |
| Shrimp | 142.8 | 33.8 | 0.9 | 0 | 0 |
| | | | | | |
| 8oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Grilled Chicken | 268.8 | 50.4 | 5.9 | 0 | 0 |
| Ground Chicken | 331.8 | 40.5 | 18.8 | 0 | 0 |
| Ground Turkey (93/7) | 477.1 | 60.7 | 26 | 0 | 0 |
| Ground Beef (90/10) | 515.2 | 63.7 | 27 | 0 | 0 |
| White fish | 201.6 | 41 | 2.9 | 0 | 0 |
| Salmon | 329.4 | 46 | 14.7 | 0 | 0 |
| Shrimp | 190.4 | 45 | 1.1 | 0 | 0 |
| | | | | | |
| 10oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Grilled Chicken | 336 | 63 | 7.3 | 0 | 0 |
| Ground Chicken | 414.7 | 50.6 | 23.5 | 0 | 0 |
| Ground Turkey (93/7) | 603.4 | 76.8 | 32.9 | 0 | 0 |
| Ground Beef (90/10) | 644 | 79.7 | 33.7 | 0 | 0 |
| White fish | 252 | 51.3 | 3.7 | 0 | 0 |
| Salmon | 411.8 | 57.5 | 18.4 | 0 | 0 |
| Shrimp | 238 | 56.3 | 1.4 | 0 | 0 |
| | | | | | |
| 16oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Grilled Chicken | 537.6 | 100.8 | 11.7 | 0 | 0 |
| Ground Chicken | 663.5 | 80.9 | 37.6 | 0 | 0 |
| Ground Turkey (93/7) | 954.2 | 121.4 | 52 | 0 | 0 |
| Ground Beef (90/10) | 1030.4 | 127.5 | 53.9 | 0 | 0 |
| White fish | 403.2 | 82 | 5.9 | 0 | 0 |
| Salmon | 658.9 | 92.1 | 29.4 | 0 | 0 |

| | | | | | |
|--------|-------|----|-----|---|---|
| Shrimp | 380.8 | 90 | 2.3 | 0 | 0 |
|--------|-------|----|-----|---|---|

| 4oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
|--------------|-----------------|---------|-----|---------------|-------|
| Broccoli | 39.4 | 3.3 | 0.4 | 7.7 | 3 |
| String beans | 34.7 | 2 | 0.2 | 7.8 | 3 |
| Asparagus | 22.4 | 2.5 | 0.1 | 4.3 | 2.4 |
| Zucchini | 19.7 | 1.4 | 0.4 | 3.6 | 1.2 |
| Peppers | 22.4 | 1 | 0.2 | 5.2 | 1.9 |
| Spinach | 26.1 | 3.2 | 0.4 | 4.1 | 2.5 |
| | | | | | |
| 6oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Broccoli | 59.2 | 4.9 | 0.6 | 11.6 | 4.5 |
| String beans | 52.1 | 3.1 | 0.4 | 11.7 | 4.5 |
| Asparagus | 33.6 | 3.7 | 0.2 | 6.5 | 3.5 |
| Zucchini | 29.6 | 2.1 | 0.6 | 5.4 | 1.7 |
| Peppers | 33.6 | 1.4 | 0.3 | 7.8 | 2.9 |
| Spinach | 39.1 | 4.9 | 0.7 | 6.2 | 3.7 |
| | | | | | |
| 8oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Broccoli | 78.9 | 6.5 | 0.9 | 15.4 | 6 |
| String beans | 69.4 | 4.1 | 0.5 | 15.6 | 6 |
| Asparagus | 44.8 | 4.9 | 0.3 | 8.7 | 4.7 |
| Zucchini | 39.4 | 2.8 | 0.7 | 7.2 | 2.3 |
| Peppers | 44.8 | 1.9 | 0.4 | 10.4 | 3.8 |
| Spinach | 52.2 | 6.5 | 0.9 | 8.2 | 5 |
| | | | | | |
| 10oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Broccoli | 98.6 | 8.2 | 1.1 | 19.3 | 7.5 |
| String beans | 86.8 | 5.1 | 0.6 | 19.5 | 7.6 |
| Asparagus | 56 | 6.2 | 0.4 | 10.9 | 5.9 |
| Zucchini | 49.3 | 3.5 | 0.9 | 9 | 2.9 |
| Peppers | 56 | 2.4 | 0.5 | 13 | 4.8 |
| Spinach | 65.2 | 8.1 | 1.1 | 10.3 | 6.2 |
| | | | | | |
| 16oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Broccoli | 157.8 | 13.1 | 1.7 | 30.8 | 12.1 |
| String beans | 138.9 | 8.2 | 1 | 31.2 | 12.1 |
| Asparagus | 89.6 | 9.9 | 0.5 | 17.4 | 9.4 |
| Zucchini | 78.9 | 5.6 | 1.5 | 14.4 | 4.6 |
| Peppers | 89.6 | 3.9 | 0.8 | 20.8 | 7.6 |
| Spinach | 104.3 | 13 | 1.8 | 16.5 | 10 |

| 4oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
|--------------|-----------------|---------|-----|---------------|-------|
| Basmati rice | 132.7 | 3.2 | 0.8 | 30.1 | 0.7 |
| Brown rice | 149.7 | 4.1 | 1 | 33.1 | 1.7 |
| Sweet potato | 96.3 | 1.8 | 0.1 | 22.5 | 3.4 |
| Couscous | 129.9 | 4.4 | 0.2 | 26.9 | 1.6 |
| Quinoa | 139.2 | 5.1 | 2.2 | 24.7 | 3.2 |
| Pasta | 168.4 | 6.8 | 1.9 | 34 | 4.4 |
| | | | | | |
| 6oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Basmati rice | 199 | 4.8 | 1.2 | 45.1 | 1 |
| Brown rice | 224.5 | 6.1 | 1.5 | 49.7 | 2.6 |
| Sweet potato | 144.5 | 2.6 | 0.1 | 33.8 | 5 |
| Couscous | 194.9 | 6.6 | 0.3 | 40.4 | 2.4 |
| Quinoa | 208.8 | 7.7 | 3.3 | 37.1 | 4.9 |
| Pasta | 253.3 | 10.2 | 2.9 | 51.1 | 6.6 |
| | | | | | |
| 8oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Basmati rice | 265.4 | 6.4 | 1.6 | 60.1 | 1.4 |
| Brown rice | 299.4 | 8.2 | 2 | 66.2 | 3.4 |
| Sweet potato | 192.6 | 3.5 | 0.1 | 45.1 | 6.7 |
| Couscous | 259.8 | 8.8 | 0.4 | 53.9 | 3.2 |
| Quinoa | 278.4 | 10.2 | 4.5 | 49.4 | 6.5 |
| Pasta | 335.6 | 13.5 | 3.9 | 67.7 | 8.8 |
| | | | | | |
| 10oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Basmati rice | 331.7 | 7.9 | 2 | 75.1 | 1.7 |
| Brown rice | 374.2 | 10.2 | 2.6 | 82.8 | 4.3 |
| Sweet potato | 240.8 | 4.4 | 0.1 | 56.3 | 8.4 |
| Couscous | 324.8 | 11 | 0.5 | 67.3 | 4.1 |
| Quinoa | 348 | 12.8 | 5.6 | 61.8 | 8.1 |
| Pasta | 421.7 | 17 | 4.8 | 85.1 | 11 |
| | | | | | |
| 16oz | Calories (kcal) | Protein | Fat | Carbohydrates | Fiber |
| Basmati rice | 530.7 | 12.7 | 3.2 | 120.2 | 2.7 |
| Brown rice | 598.8 | 16.3 | 4.1 | 132.5 | 6.8 |
| Sweet potato | 385.3 | 7 | 0.2 | 90.1 | 13.4 |
| Couscous | 519.7 | 17.6 | 0.7 | 107.7 | 6.5 |
| Quinoa | 556.8 | 20.4 | 8.9 | 98.8 | 13 |
| Pasta | 500.3 | 20.1 | 5.7 | 101 | 13.1 |