

What	Abbr	Protien	Carbs	Fat	Calories
Almonds Blue Diamond Honey (28g)	ALMD	5	9	13	160
Beef Jerkey Oberto Teriyaki (28g)	JRKY	11	8	1	80
Butter Smart Balance (1/2tbs)	BUT2	0	0	4.5	45
Butter Smart Balance (1tbs)	BUTT	0	0	9	80
Cheez-IT (30g)	CHZT	4	18	8	160
Cottage Cheese Small Curd (1/2 Cup)	COTS	14	6	4.5	120
Cottage Cheese Trim (1/2 Cup)	COTT	14	5	2.5	100
Cream Cheese Fat Free (2tbs)	CREM	4	6	0	40
Dextrose (30g)	DX30	0	30	0	112
Egg (1 whole)	EGG	6.5	0	5	75
French Bread (1 slice)	BRED	2	13	1.5	70
Gatorade (20oz)	GATR	0	35	0	130
Gold Fish (30g)	GOLD	4	20	5	140
Green Giant Broccoli Singles	BROC	2	8	3	60
Green Giant Cauliflower & Cheese	GGCF	6	18	7.5	150
Hash Browns Or-Ida (1 cup)	HB	1	12	4	90
Honey Mustard French's (1tsp)	HONY	0	1	0	10
ISO Pure Meal Replacement	ISOM	50	25	0	300
ISO Pure Protien (1 Scoop)	ISOP	24	1	0	102
Lean Cuisine Chicken Fettuccini	LCCF	21	33	7	280
Lean Cuisine Macaroni & Beef	LCMB	16	36	5	250
Lean Cuisine Pizza	LCPZ	20	55	9	380
Lean Cuisine Ravioli	LCRV	11	36	6	240
Lean Pocket Pepperoni	LPP	13	43	7	280
Mandarine Oranges (dole singles)	MAND	0	19	0	80
Mayonaise Light Best Foods (1tbsp)	MAYO	0	1	4.5	45
Oats (1/2 Cup)	OATS	5	27	3	150
Oil Canola (1tbs)	OIL	0	0	14	120
Pistachios Shelled (30g)	PIST	6	8	14	170
Pistachios Shelled Half Serving (15g)	PIS2	3	4	7	85
Popcorn Popsecret Singles	POPC	3	20	3.5	100
Potato (100g)	POTA	2	18	0.1	77
Potato Topping (1tbs)	PTOP	2	4	1	25
Propel Water	PROP	0	6	0	25
Propel Water (23oz)	PR24	0	8	0	30
Protien Bar (pure protien)	PBAR	19	19	5	180
Rice Cake	RCKE	1	11	0	50
Shredded Cheese (1/2 cup)	SCHZ	14	1	18	220
Shredded Cheese (1/4 cup)	SCH1	7	0.5	9	110
Sour Cream Fat Free Tillamook (2tbs)	SOUR	1	3	0	20
Special K Bar Strawberry	SPKB	1	18	1.5	90
Special K Yogurt Cereal (20g)	SPK	1.25	16.88	0.6	75
Swiss Cheese Sliced Kraft (1 slice)	SWIS	6	0	7	80
Turkey Sandwich (store bought)	TSND	19	37	16	360
Turkey Sliced (45g)	TURK	9	0	0.5	45
Vegatables (50g)	V50	0.8625	3.05	0.1	15
Vegetables (100g)	V100	1.725	6.1	0.2	29
WW Chicken Enchaladas	WWC	12	41	10	310

Turk, Bred, Swis, Mayo, Hony	SAN1	17	15	13.5	250
HB, HB, OIL, EGG, EGG	BRK1	15	24	32	450