

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
Ranch Dean's (2tbs)	RANC	1	2	5	60
Blue Cheese LiteHouse (2tbs)	BLUL	1	2	6	70
Blue Cheese Wishbone (2tbs)	BLUW	0	7	0	35

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