

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