

Approved Foods, Portions, and Calories

Seafood

Cod (3.5 oz) - 83 calories

Crab Meat (3.5 oz) - 100 calories

Flounder (3.5 oz) - 90 calories

Haddock (3.5 oz) - 88 calories

Halibut (3.5 oz) - 110 calories

Lobster (3.5 oz) - 98 calories

Red Snapper (3.5 oz) - 110 calories

Shrimp (3.5 oz) - 110 calories

Tilapia (3.5 oz) - 94 calories

Very Lean Beef

93/7 Lean Ground Beef (3.5 oz) - 150 calories

Cube Steak (3.5 oz) - 160 calories

Sirloin Tip Side Steaks (3.5 oz) - 130 calories

Top Round Steak (3.5 oz) - 166 calories

Tri-Tip Steak (3.5 oz) - 154 calories

Bison Steak (3.5 oz) - 143 calories

Veal

Veal, sirloin (3.5 oz) - 110 calories

Veal, loin chop (3.5 oz) - 117 calories

Chicken

Chicken Breast (3.5 oz) - 87 calories

Fruit

Apple (small) - 55 calories

Apple (medium) - 72 calories

Apple (large) - 110 calories

Lemon - 24 calories

Lime - 20 calories

Orange (navel) - 69 calories

Orange (Florida) - 65 calories

Orange (California) - 59 calories

Strawberries, 12 large - 72 calories

Strawberries, 20 medium - 80 calories

Pink Grapefruit (1/2 large) - 53 calories

Pink Grapefruit (1/2 med.) - 41 calories

Vegetables

Asparagus (3.5 oz) - 20 calories

Asparagus (2" tip) - 1 calories

Asparagus (small spear) - 2 calories

Asparagus (medium spear) - 3 calories

Asparagus (large spear) - 4 calories

Beet Greens (1 cup raw) -8 calories

Celery (3.5 oz) - 15 cal

Celery (medium stalk) - 6 calories

Cabbage (3.5 oz) - 24 calories

Cabbage (1 cup shredded) - 17 calories

Chard, Swiss raw (1 cup) -7 calories

Cucumber (3.5 oz) - 12 calories

Cucumber (small) - 19 calories

Cucumber (medium) - 24 calories

Cucumber (large) - 34 calories

Cucumber (English long) - 60 calories

Fennel (1 cup,sliced) - 27 calories

Lettuce, all varieties (3.5 oz) - 10 cal.

Lettuce, all varieties (1 cup) - 8 cal.

Lettuce, all varieties (sml head)- 32 calories

Onions (medium red, raw) - 15 calories

Onions (green raw) - 3 calories

Red Radishes (3.5 oz) - 12 calories

Red Radishes (one medium) - 1 cal.

Spinach, raw (3.5 oz) - 20 calories

Spinach, raw (1 cup) - 7 calories

Spinach, frozen (3.5 oz) - 23 calories

Spinach, frozen (1 cup) - 41 calories

Spinach, cooked (3.5 oz) - 31 calories

Spinach, cooked (1 cup) - 48 calories

Tomato (3.5 oz) - 20 calories

Tomato (cherry) - 3 calories

Tomato (plumb) - 11 calories

Tomato (small) - 16 calories

Tomato (medium) - 22 calories

Tomato (large) - 33 calories

WaterCress - 4 calories

Bread

Grissini Breadstick (3 g) - 12 calories

Melba Toast (3 gram) - 12 calories

Melba Toast (5 gram) - 20 calories

Free Foods

Low Sodium Chicken, Beef, or Vegetable Broth

Be certain it contains no sugars or carrots (high in sugars).

We prefer Cento brand (bright yellow box).

Miracle Noodles

There is nothing in them! No fat, sugar, gluten, soy, or calories.

Simply vegetable fiber!

Stevia

Comes in a variety of flavors which are usually seen in health food stores in our area.

Braggs Liquid Aminos

Tastes like soy sauce!

Sea Salt, Pepper, Marjoram, Thyme, Italian Seasoning, Basil, Parsley, Rosemary (most herbal seasonings that do not contain, sugar or oils), Old Bay, Garlic, Garlic Powder, Onion Powder, Smoked Paprika, Chili Powder, etc. Be creative but stay within protocol.