

ANYTIME SNACKS	Serving	Cals
pickles	1	5
Frigo Cheese Heads	1	50
Light String Cheese		
Annie Chun's Sesame Roasted Seaweed Snack	1 pack	60
mixed nuts	1/8 cup	100
Strawberry	1 Large	10
Raspberries	1 cup	35
Banana	1 Whole	50
Blackberries	1 cup	50
Blueberries	1 cup	50
Cantaloupe	1 Slice	55
Pineapple	1 cup	55
Grapes	1 cup	60
Apple	1 Whole	65
Celery	1 Stick	5
Broccoli	1 cup	20
Cucumber	1 Whole	20
Carrot	1 Whole	40
Tostitos Creamy Spinach Dip	4 tbsp	100

POWER LUNCH

POWER LUNCH	Serving	Cals
Spinach	½ cup	10
Tomato	½ Whole	10
Bell Pepper	½ Whole	15
Mushrooms	1 cup	20
Garlic	3 tbsp	25
Red Onion	½ cup	25
Jalapeno	¼ cup	5
Broccoli	1 cup	20
Asparagus	6 Spears	20
Brussels Sprouts	4 Sprouts	25
Zucchini	1 Whole	30
Red Potato	¼ cup	50
Shred Parmesan Cheese	4 tbsp	100
Sharp Cheddar Cheese	1 oz	110
Lowfat Part-Skim Mozzarella brick	2 oz	160
Red Beans, dry, slow cooked	¼ cup	150
Avocado	½ Whole	160
Chicken (1.25 lb raw)	4 oz / 1 breast	140
Shrimp, steamed - OR - Cod Fish, baked	4 oz	120

BREAKFAST SCRAMBLE	Serving	Cals
Spinach	½ cup	10
Tomato	½ Whole	10
Bell Pepper	½ Whole	15
Mushrooms	1 cup	20
Garlic	3 tbsp	25
Red Onion	½ cup	25
Jalapeno	¼ cup	5
Asparagus	6 Spears	20
Red Potato	¼ cup	50
Large Free Range Egg	1	100
Daves Killer Bread, average	1 slice	120
Shred Parmesan Cheese	4 tbsp	100
Sharp Cheddar Cheese brick	1 oz	110
Lowfat Part-Skim Mozzarella brick	2 oz	160
Boars Head / Applegate Farms Uncured Ham	2 oz	70
Ball Park Smoke Cheddar Beef Dog	1 link	160

DINNER PIZZA

DINNER PIZZA	Serving	Cals
Xtreme Wellness Spinach n Herbs Tortilla Wrap	1	90
Organic Pizza Sauce	½ cup	80
Shred Parmesan Cheese	4 tbsp	100
Sharp Cheddar Cheese	1 oz	110
Lowfat Part-Skim Mozzarella brick	2 oz	160
Uncured Turkey Sausage	2 oz	125
Spinach	½ cup	10
Tomato	½ Whole	10
Bell Pepper	½ Whole	15
Mushrooms	1 cup	20
Garlic	3 tbsp	25
Red Onion	½ cup	25