

With the fat removed many online calorie counters may have inaccurate calories.. This chart is a good one to add custom foods that you continue to eat when on phase 2

Fish (avg 98 calories)

- **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

Additional white fish are listed at the bottom of the page.

Very Lean Beef (avg 152 calories)

- **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

Chicken

- **Chicken Breast** (3.5 oz) – 87 calories

Veal (avg 114 calories)

- **Veal, sirloin** (3.5 oz) – 110 calories
- **Veal, loin chop** (3.5 oz) – 117 calories

Vegetables (avg 18.8 cal)

- **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

- **Celery** (3.5 oz) – 15 cal

- **Celery** (medium stalk) – 6 calories
- **Cabbage** (3.5 oz) – 24 calories
- **Cabbage** (1 cup shredded) – 17 calories
- **Cucumber** (3.5 oz) – 12 calories
- **Cucumber** (small) – 19 calories
- **Cucumber** (medium) – 24 calories
- **Cucumber** (large) – 34 calories
- **Cucumber** (English long) – 60 calories
- **Lettuce**, all varieties (3.5 oz) – 20 calories
- **Lettuce**, all varieties (1 cup) – 8 calories
- **Lettuce**, all varieties (small head) – 32 calories
- **Red Radishes** (3.5 oz) – 12 calories
- **Red Radishes** (one medium) – 1 calories
- **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
- **Onion** (small) - 28 calories
- **Onion** (medium) - 44 calories
- **Onion** (large) - 60 calories

Fruit

- **Apple** (small) – 55 calories
- **Apple** (medium) – 72 calories
- **Apple** (large) – 110 calories
- **Orange** (navel) – 69 calories

- **Orange** (Florida) – 65 calories
- **Orange** (California) – 59 calories

- **Strawberries**, 12 large – 72 calories
- **Strawberries**, 20 medium – 80 calories
- **Strawberries sliced** 1 Cup - 53 calories

- **Pink Grapefruit** (California) – 92 calories
- **Pink Grapefruit** (Florida) – 74 calories

Bread

- **Grissini Breadstick** (3 g) – 12 calories
- **Melba Toast** (3 gram) – 12 calories(**check for hidden sugars like dextrose and do not use**)
- **Melba Toast** (5 gram) – 20 calories

White Fish List

- **Ayr**
- **Cat Fish**
- **Cod**
- **Coley**
- **Dover Sole**
- **Flounder**
- **Flying Fish**
- **Haddock**
- **Hake**
- **Halibut**
- **Hoki**
- **John Dory**
- **Kalabasu**
- **Lemon Sole**
- **Ling**
- **Monk Fish**
- **Parrot Fish**
- **Plaice**
- **Pollack**
- **Pomfret**
- **Red & Grey Mullet**
- **Red Fish**
- **Red Snapper**
- **Rock Salmon/Dogfish**
- **Rohu**

- **Sea Bass**
- **Sea Bream**
- **Shark**
- **Skate**
- **Swai**
- **Tilapia Turbot**
- **Whiting**
- **Occasionally eggs can be used as a protein substitute or 100 grams of cottage cheese. The portions is one whole egg and three egg whites.**