

# FOOD LISTS FOR MEAL PLANNING

## Protein Foods

FOOD ITEM	ONE UNIT	CALORIES	PROTEIN (GRAMS)
Egg whites	7 whites	115	25
Cottage cheese, nonfat	1 cup	140	28
Herbalife® Formula 1 Shake	2 tablespoons Formula 1 Shake	180	18
Mix + nonfat milk	Mix + 1 cup nonfat milk		
Beef, lean	3 ounces, cooked weight	145-160	25
Chicken breast	3 ounces, cooked weight	140	25
Turkey breast	3 ounces, cooked weight	135	25
Turkey ham	4 ounces, cooked weight	135	18
Ocean-caught fish	4 ounces, cooked weight	130-170	25-31
Shrimp, crab, lobster	4 ounces, cooked weight	120	22-24
Tuna	4 ounces, water packed	145	27
Scallops	4 ounces, cooked weight	135	25
<b>VEGETARIAN</b>			
Soy products	Check box for details		
Soy burgers	2 patties	160	26
Tofu, firm	½ cup	180	20 (varies)

## Fruits

FOOD ITEM	ONE UNIT	CALORIES	FIBER (GRAMS)
Apple	1 medium	75	3
Apricots	3 whole	50	3
Avocado	¼ average fruit	80	2
Banana	1 small	100	3
Blackberries	1 cup	75	8
Blueberries	1 cup	110	5
Cantaloupe (Spanspek)	1 cup cubed	55	1
Cherries	20	80	2
Grapes	1 cup	115	2
Grapefruit	½ fruit	40	2
Honeydew melon	1 cup, cubed	60	1
Kiwi	1 large	55	3
Mango	½ large	80	3
Nectarine	1 large	70	2
Orange	1 large	85	4
Papaya	½ large	75	3
Peach	1 large	70	3
Pear	1 medium	100	4
Pineapple	1 cup, diced	75	2
Plums	2 small	70	2
Strawberries	1 cup, sliced	50	4
Tangerine	1 medium	45	3
Watermelon	1 cup balls	50	1

## Cooked Vegetables

FOOD ITEM	ONE UNIT	CALORIES	FIBER (GRAMS)
Acorn squash, baked (winter squash)	1 cup	85	6
Artichoke	1 medium	60	6
Asparagus	1 cup	45	4
Beetroots	1 cup	75	3
Broccoli	1 cup	45	5
Brussels sprouts	1 cup	60	4
Cabbage	1 cup	35	4
Cauliflower	1 cup	30	3
Carrots	1 cup	70	5
Celery, diced	1 cup	20	2
Chinese cabbage	1 cup	20	3
Collard greens	1 cup	50	5
Corn	1 ear	75	2
Eggplant	1 cup	30	3
Green beans	1 cup	45	4
Green peas	1 cup	140	8
Kale	1 cup	35	3
Leeks	1 cup	30	1
Mushrooms	1 cup	40	3
Mustard greens	1 cup	20	3
Onion	1 cup	105	4
Pumpkin	1 cup	50	3
Red cabbage	1 cup	30	3
Spinach	1 cup	40	4
Sweet potato	1 cup	200	4
Swiss chard	1 cup	20	2
Tomato juice	1 cup	40	1
Tomato sauce/puree	1 cup	100	5
Tomato soup, made with water	1 cup	85	0
Tomato vegetable juice	1 cup	45	2
Tomatoes	1 cup	70	3
Turnip greens	1 cup	30	5
Winter squash, baked	1 cup	70	7
Zucchini with skin	1 cup	30	3

Note: Calorie average is 56 calories per unit.

## Raw Vegetables

Cabbage	1 cup	20	2
Carrots	1 cup	50	4
Cucumber	1 cup	15	1
Endive	1 cup	10	2
Pepper, green, chopped	1 cup	30	2
Peppers, red, chopped	1 cup	30	2
Pepper, yellow, chopped	1 cup	30	2
Romaine lettuce	1 cup	10	1
Spinach	1 cup	10	1
Tomatoes, chopped	1 cup	40	2

Note: Calorie average is 25 calories per unit.

## Starches and Grains

STARCH/GRAIN	SERVING SIZE	CALORIES	FIBER (GRAMS)	PROTEIN (GRAMS)
Beans (black, pinto, etc.)	½ cup, cooked	115-140	5-7	7
Bread (whole grain preferred)	1 slice	80-100	3	3-5
English muffin	½ muffin	80	1	2
Lentils	½ cup, cooked	115	8	9
Rice (brown preferred)	½ cup, cooked	110	2	3
Pasta (whole grain preferred)	½ cup, cooked	85	2	3
Potato, baked	½ medium	100		
Rice cakes	2 large	70	1	1
Tortilla, corn	2 tortillas	120	4	2
<b>Cereals</b>				
Bran flakes	¾ cup	100	3	5
Oatmeal, cooked	1 cup	130	4	6
Shredded wheat, bite size	¾ cup	115	3	4

Note: Calorie average is 100 calories per serving.

## Taste Enhancers

FOOD ITEM	SERVING SIZE	CALORIES	FIBER (GRAMS)	FAT (GRAMS)
Cheese, reduced fat	30g	50-80	0	2-5
Cheese, Parmesan	3 tablespoons	80	0	5
Nuts	15g	80-100	0	6-11
Olive oil	1 teaspoon	40	0	4
Olives	10 large	50	0	7
Pine nuts, sesame seeds	1 tablespoon	50	1	4-7
Salad dressing, fat-free or low-fat	2 tablespoons	40-80	0	0-2

Note: Calorie average is 65 calories per serving.

## Protein Snacks

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN (GRAMS)
Cheese, mozzarella, low-fat	30g (1 stick)	70	8
Cottage cheese, nonfat	½ cup	70	14
Egg, hard boiled	1	80	4
Herbalife® Protein Bar	1 bar	140	10
Herbalife® Protein Drink Mix	2 tablespoons in water	90	10
Milk, nonfat or 1%	1 cup	90-110	9
Soup, tomato, made with nonfat milk	1 cup	120	6
Yogurt, nonfat, sugar-free	175ml	100	5

Note: Calorie average is 100 calories per serving.