

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net Carbs	Protein (g)
Bacon, cooked, 2 slices	92	9	2	0	2	4
Beef, ground, 80% lean, cooked, 1 oz.	74	5	0	0	0	7
Beef, ground, 92% lean, cooked, 1 oz.	45	2	0	0	0	7
Beef Steak, broiled or baked, 1 oz.	71	4	0	0	0	8
Chicken Breast, roasted or baked, no skin, 1 oz.	46	1	0	0	0	9
Chicken Thigh, roasted, no skin, 1 oz.	55	3	0	0	0	7
Duck, roasted, skin eaten, 1 oz.	95	8	0	0	0	5
Egg, whites, raw, large egg, 2 ea.	34	0	0	0	.5	7
Egg, whole, large, plain, 1 ea.	72	5	0	0	0	6
Fish Fillet (flounder, sole, scrod) no breading, baked, 2 oz.	49	1	0	0	0	8.5
Fish, Salmon fresh fillet, 1 oz.	39	1	0	0	0	7
Fish, Salmon, canned pink, 1 oz.	39	1	0	0	0	7
Ham, deli style, lean 1 oz.	35	1	1	0	1	5
Ham, smoked, spiral, 1 oz.	53	3	1	0	1	5
Lamb, boneless, cooked, 1oz.	83	6	0	0	0	7
Pork Chops, lean, cooked, 1oz.	57	3	0	0	0	7
Pork Breakfast sausage, no fillers or sugar , 1.5 oz.	102	9	0	0	0	7
Pork Roast, loin, cooked, 1 oz.	70	4	0	0	0	8
Pork Rib, roasted, plain, 1oz.	104	8	0	0	0	8

Scallops, baked, or broiled, 1 oz.	38	1	1	0	1	6
Shrimp, steamed or broiled, 1 oz.	39	1	0	0	0	8
Tuna, canned, water pack, 1oz.	33	0	0	0	0	7
Turkey Breast, roasted, no skin, 1 oz.	38	0	0	0	0	9
Turkey Thigh, roasted, no skin, 1 oz.	52	2	0	0	0	8