

BRUNCHBODY  **Y**
— FITNESS —

MicroJournal Template

Version 1.0

Introduction

Welcome to the Brunch Body Micro Journal. This document take elements from the Nutrition Guide and makes them more printer friendly. Please feel free to use or distribute at your leisure.

Disclaimer: This document is for educational purposes only. Please consult your primary care physician prior to starting any new diet regime.

Table of Contents

- Micro Journal
- My Meals
- Macro Cheat Sheet

Micro Journal

Self-evaluation is the quickest way to begin the process of stress relief. In this section we have provided a template for you to use in order to measure your progress.

None of the sections need to be filled out perfectly just do as much as you can and be open and honest in your responses.

The following section includes:

Daily Journal

Weekly Journal

Quarterly Journal

My Routines

Time Blocks

Traits Directory

Weight Log

Daily Journal

Date _____

How am i feeling about this day ahead?

1 2 3 4 5 6 7 8 9 10

What is the most important task I need to do?

What Traits do I need to invoke today?

Any additional thoughts?

Date _____

How am i feeling about this day ahead?

1 2 3 4 5 6 7 8 9 10

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How am i feeling about this day ahead?

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Date _____

How am i feeling about this day ahead?

1 2 3 4 5 6 7 8 9 10

What is the most important task I need to do?

What Traits do I need to invoke today?

Any additional thoughts?

Weekly Journal

Date _____

How effective have I been communicating with people around me?

1 2 3 4 5 6 7 8 9 10

Could I improve my communication? How?

Is there anyone I should reach out to? What should be the topic of conversation?

How Focused was I this week?

1 2 3 4 5 6 7 8 9 10

What actions could I take to improve my focus?

Any new or lingering situations to address?

Quarterly Journal

Date _____

Which parts of my day require my total presence? How might they be impacted this quarter?
How will I adjust?

Are there any personal projects I would like to start or continue this quarter?
What actions are needed to pursue my personal projects?

Any subjects I want to learn more about?
What actions do I need to take in regards to continuing education?

Do I need to clear anything up with anyone?

Is there anything I need to let go of?

Quarterly Journal (Continued)

Has my routine, especially my morning routine, improved my overall outlook on my well-being? if not, What could I change?

Am I meeting my dietary expectations? Do I need to make any adjustments to my calorie intake? Do I need to make adjustments to my macros?

BMR Check

For men: $BMR = 10(\text{Weight}(\text{lbs.})/2.205) + 6.25(\text{Height}(\text{in}) * 2.54) - 5(\text{Age}) + 5$

For women: $BMR = 10(\text{Weight}(\text{lbs.})/2.205) + 6.25(\text{Height}(\text{in}) * 2.54) - 5(\text{Age}) - 161$

Current Weight BMR: _____

Desired Weight BMR: _____

Notes

My Routines

When writing out your primary routines, stick to tasks that you know you can do on a daily basis

My Morning Routine

My Bedtime Routine

My _____ Routine

My _____ Routine

Notes

Traits Directory

A	Competitive	Focused	Modest	Restrained	Unpredictable
Abrasive	Conciliatory	Forgiving	N	Romantic	V
Abrupt	Confident	Formal	Neat	S	Venturesome
Accessible	Confidential	Forthright	Neutral	Scholarly	W
Active	Conscientious	Freethinking	Noncommittal	Scrupulous	Warm
Adaptable	Conservative	Friendly	Noncompetitive	Secure	Well-read
Admirable	Considerate	Frugal	O	Self-critical	Well-rounded
Adventurous	Contemplative	G	Objective	Self-reliant	Whimsical
Aggressive	Cooperative	Generous	Observant	Self-sufficient	Willful
Agreeable	Courageous	Gentle	Open	Selfless	Wise
Alert	Courteous	Genuine	Opportunistic	Sensitive	Witty
Allocentric	Creative	Glamorous	Optimistic	Sentimental	Y
Ambitious	Cerebral	Gracious	Orderly	Serious	Youthful
Amiable	Cultured	H	Organized	Simple	
Amoral	Curious	Hardworking	Original	Skeptical	
Anticipative	D	Healthy	Outspoken	Skillful	
Apathetic	Daring	Hearty	P	Smooth	
Appreciative	Decent	Helpful	Passionate	Sober	
Artful	Decisive	Heroic	Paternal	Sociable	
Articulate	Dedicated	Honest	Patient	Soft	
Aspiring	Deep	Honorable	Patriotic	Solemn	
Assertive	Delicate	Humble	Peaceful	Solid	
Athletic	Demanding	Humorous	Perceptive	Solitary	
Attractive	Determined	I	Personable	Sophisticated	
Authoritarian	Dignified	Idealistic	Persuasive	Spontaneous	
B	Disciplined	Imaginative	Physical	Stable	
Balanced	Discreet	Impressionable	Playful	Steadfast	
Barbaric	Disruptive	Impressive	Polished	Steady	
Benevolent	Dramatic	Incisive	Practical	Stern	
Big-thinking	Dutiful	Independent	Precise	Stoic	
Bizarre	Dynamic	Innovative	Principled	Strict	
Blunt	E	Inoffensive	Profound	Strong	
Brilliant	Earnest	Insightful	Progressive	Studios	
Businesslike	Efficient	Intelligent	Proud	Stylish	
Busy	Elegant	Intense	Provocative	Suave	
C	Eloquent	Intuitive	Prudent	Subjective	
Calculating	Emotional	K	Purposeful	Subtle	
Calm	Empathetic	Kind	Punctual	Sweet	
Capable	Energetic	L	Q	Sympathetic	
Captivating	Enthusiastic	Liberal	Quiet	Systematic	
Caring	Esthetic	Logical	R	T	
Casual	Exciting	Lovable	Rational	Tasteful	
Cautious	Experimental	Loyal	Realistic	Thorough	
Charismatic	Extraordinary	M	Reflective	Tidy	
Charming	Extreme	Magnanimous	Relaxed	Tolerant	
Cheerful	F	Maternal	Reliable	Tough	
Clean	Fair	Meticulous	Reserved	Transparent	
Clear-headed	Faithful	Mature	Resourceful	Trusting	
Clever	Farsighted	Mellow	Respectful	U	
Colorful	Firm	Methodical	Responsible	Understanding	
Compassionate	Flexible	Moderate	Responsive	Undogmatic	

My Meals

Studies have shown that most people eat a variety of about nine different meals. As stated throughout this document, it is important to keep a record of calories eaten. Think about 9 to 12 meals you eat on a regular basis. They can be homemade or from a restaurant. Can you find ways to adjust the servings? Can you find alternatives that better fit your calorie needs?

How to Calculate Calories(Cal) from Grams(g)

$$\text{FAT(g)} * 9 = \text{ y Cal}$$

$$\text{PROTEIN(g)} * 4 = \text{ y Cal}$$

$$\text{CARBS(g)} * 4 = \text{ y Cal}$$

Meal 1

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 2

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 3

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 4

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 6

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 7

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 8

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 10

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 11

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Meal 12

Item	FAT(g)	PRO(g)	CHO(g)	Calories
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	_____	_____	_____

Macro Cheat Sheet

The following section is a collection of commonly found household food items. It is organized by category followed by calorie density. Item macros and serving sizes are based on averages from multiple sources and can be analyzed and used to calculate your meal plan as seen below.

Item		Fat (g) per Serving	Protien (g) per Serving	Carbohydrates (g) per Serving			
New York Strip	8 oz	227	691	51	59	0	305
Rib Eye Steak	8 oz	227	608	43	56	0	268
Hamburger 80/20	8 oz	227	599	39	61	0	264
Filet Mignon	8 oz	227	595	40	59	0	262
Top Sirloin	8 oz	227	535	32	62	0	236
Hamburger 90/10	8 oz	227	504	27	65	0	222
Flank steak	8 oz	227	424	19	64	0	187

Common Serving Size	Serving in Grams	Calories per Serving	Calories per 100 grams (Density)
8 oz	227	691	305

		SERVING	GRAMS	CALS	FAT	PROTEIN	CARBS	Cal per 100g
BEEF	New York Strip	8 oz	227	691	51	59	0	305
	Rib Eye Steak	8 oz	227	608	43	56	0	268
	Hamburger 80/20	8 oz	227	599	39	61	0	264
	Filet Mignon	8 oz	227	595	40	59	0	262
	Top Sirloin	8 oz	227	535	32	62	0	236
	Hamburger 90/10	8 oz	227	504	27	65	0	222
	Flank steak	8 oz	227	424	19	64	0	187
CHICKEN	Wing	1	27	77	7	5	0	283
	Thigh	1	130	286	18	31	0	220
	Leg	1	258	455	23	62	0	176
	Breast	1	120	184	4	37	0	153
	Eggs	1	50	70	5	6	0	140
TURKEY	Leg	1	275	546	26	78	0	199
	Wing	1	208	411	23	51	0	198
	Thigh	1	348	635	33	83	1	182
	Breast	32oz	907	1282	19	277	0	141
PORK	Bacon	3 slice	35	160	12	12	1	457
	Ribs	6 ribs	210	769	66	44	0	366
	Sausage	1	68	207	19	8	1	304
	Belly	8 oz	224	647	49	52	0	289
	Ground	8 oz	224	556	44	40	0	248
	Shoulder	8 oz	224	494	38	38	0	221
	Chop	1	157	313	17	40	0	199
	Tenderloin	8 oz	227	317	9	59	0	140
Ham	10 slices	230	231	8	39	1	101	
LAMB	Chop	1	54	159	11	15	0	294
	Shank	8 oz	227	520	29	64	0	229
	Shoulder	8 oz	224	290	12	46	0	130
SEAFOOD	Salmon	1 fillet	227	452	28	50	0	199
	Oyster	1	25	40	1	5	3	158
	Clams	8 oz	227	322	5	59	12	142
	Catfish	1 fillet	143	194	10	26	0	136
	Lobster	8 oz	227	302	4	59	7	133
	Tilapia	1 fillet	170	217	5	44	0	127
	Canned Tuna	1 can	172	210	5	41	0	122
	Tuna Steak	1 steak	142	171	1	41	0	121
	Shrimp	1 shrimp	5	6	0	1	0	114
	Cod	1 fillet	180	178	2	41	0	99
Crab Meat	1 cup	118	92	1	21	0	78	
OILS	Avocado Oil	1 tbsp	14	126	14	0	0	900
	Olive Oil	1 tbsp	14	126	14	0	0	900
	Palm Oil	1 tbsp	14	126	14	0	0	900
	Peanut Oil	1 tbsp	14	126	14	0	0	900
	Sesame Oil	1 tbsp	14	126	14	0	0	900
	Vegetable Oil	1 tbsp	14	126	14	0	0	900
	Coconut Oil	1 tbsp	14	117	13	0	0	836

DAIRY

	SERVING	GRAMS	CALS	FAT	PROTEIN	CARBS	Cal per 100g
Butter	1 tbsp	14	108	12	0	0	774
Cheddar Cheese	1 oz	28	114	9	7	1	408
Swiss Cheese	1 cup	108	419	33	29	2	388
Muenster Cheese	1 oz	28	104	9	7	0	372
Blue Cheese	1 oz	28	100	8	1	6	358
Cream Cheese	2 tbsp	29	104	10	2	2	357
Heavy Cream	1 oz	30	105	11	1	1	351
American Cheese	1 slice	21	66	5	4	2	313
Mozzarella Cheese	1 oz	28	84	6	6	1	301
Feta Cheese	1 oz	28	75	6	4	1	267
Half & Half	1 tbsp	15	19	2	1	1	128
Cottage Cheese	1/2 cup	109	105	5	12	4	96
Milk (Whole)	1 cup	244	150	8	8	12	61
Milk (1%)	1 cup	244	102	2	8	12	42

FLOURS

Almond	1 cup	112	696	56	24	24	621
Cornmeal	1 cup	122	455	4	10	94	373
Whole Wheat	1 cup	120	435	3	16	86	363
Buckwheat	1 cup	120	433	4	15	85	361
Rice	1 cup	158	565	2	9	127	358
All Purpose	1 cup	125	443	1	13	95	354
Cake	1 cup	137	483	1	11	107	352
Psyllium Husk	1 tbsp	16	56	1	3	10	352
Bread	1 cup	137	481	2	16	99	351
Gluten-Free	1 cup	124	432	0	8	100	348
Double Zero	1 cup	100	341	1	13	69	341
Arrowroot	1 cup	120	86	0	5	16	72

NUTS/ LEGUMES

Macadamia	1 oz	28	213	21	2	4	762
Pecans	1	2	11	1	0	0	740
Pine	1 oz	28	201	19	4	4	719
Brazil	1	5	36	3	1	1	716
Hazelnuts	1 oz	28	199	18	4	5	711
Walnut	1	2	14	1	0	0	705
Almonds	1	1	9	1	0	0	669
Peanuts	1	1	6	1	0	0	610
Cashew	1	2	9	1	0	1	569
Pistachio	1	1	4	0	0	0	557
Coconut	1 cup	85	403	24	3	44	474
Chestnuts	1	8	21	0	0	4	245

WILDCARDS

Popcorn	1 cup	8	44	3	1	4	561
Potato Chips	4 oz	112	611	38	7	60	545
Cookie	1	30	153	7	2	20	509
Brownie	1	50	247	15	3	25	495
Tortilla Chips	10	30	144	6	2	20	481
Donut	1	60	257	14	4	29	428
Pastry	1	70	299	16	6	33	427
Slice of Cake	1	67	268	12	2	38	400
White Sugar	1 tsp	4	16	0	0	4	400
Breakfast Cereal	1 cup	36	143	1	2	31	398
Brown Sugar	1 tsp	3	12	0	0	3	387
Muffin	1	113	422	18	5	60	374
Pizza Slice	1	107	282	10	12	36	264

MUSHROOMS

	SERVING	GRAMS	CALS	FAT	PROTEIN	CARBS	Cal per 100g
Black Trumpet	2 oz	57	205	1	7	43	359
Porcini	1 cup	180	644	4	24	128	358
Oyster	1	148	61	1	5	9	41
Morel	1	13	5	0	0	1	41
Shiitake	1	19	8	0	0	1	41
Enoki	3.5 oz	100	40	0	2	8	40
King Trumpet	3.5 oz	100	40	0	2	8	40
Chanterelle	1 cup	54	21	0	1	4	38
Maitake	1 cup	70	26	0	1	5	37
White Button	1 oz	28	8	0	1	1	29
Cremini	1 cup	87	25	0	2	4	28
Portobello	100 g	100	28	0	2	4	28

FRUITS

Dates	1	7	22	0	0	5	310
Avocados	1	201	345	29	4	17	172
Plantains	1	240	311	0	2	75	130
Bananas	1	118	117	0	1	27	99
Raspberries	10	10	10	0	0	2	80
Persimmons	1	168	131	0	1	31	78
Grapes	10	49	38	0	0	9	78
Kiwi	1	69	47	0	1	10	68
Mango	1	336	223	1	3	50	66
Pears	1	178	113	0	1	27	64
Apple	1	182	105	0	1	25	58
Blueberries	1	1	1	0	0	0	57
Orange	1	140	79	0	1	18	56
Pineapples	1	166	93	0	1	22	56
Plums	1	66	34	0	1	8	51
Limes	1	67	31	0	1	7	47
Grapefruit	1	246	114	0	2	26	46
Lemons	1	84	38	0	1	8	45
Peaches	1	175	78	0	2	17	45
Blackberries	1	7	3	0	0	1	43
Melons	1	177	65	0	2	14	37
Strawberries	5	90	33	0	1	7	36
Watermelon	1 slice	286	98	0	2	22	34

WHOLE GRAINS

Sesame Seed	1 oz	28	174	14	5	7	623
Sunflower Seeds	1 cup	128	756	64	25	20	591
Flaxseed	1 tbsp	10	58	4	2	3	583
Pumpkin seeds	1 cup	138	803	63	34	25	582
Millet	1 cup	119	454	5	13	89	381
Oats	1 cup	82	305	5	11	54	372
Sorghum	1 cup	192	714	6	22	143	372
Teff	1 cup	193	713	5	26	141	369
Barley	1 cup	184	668	4	23	135	363
Rye	1 cup	169	605	3	17	128	358
White Rice	1 cup	158	201	0	4	45	127
Quinoa	1 cup	185	228	4	8	40	123
Brown Rice	1 cup	196	217	2	5	46	111
Buckwheat	1 cup	168	169	1	6	34	101
Corn	1 cup	154	154	2	5	29	100

VEGETABLES

	SERVING	GRAMS	CALS	FAT	PROTEIN	CARBS	Cal per 100g
Wasabi	1 tbsp	20	59	2	1	9	293
Soybean	1 cup	172	315	15	31	14	183
Garlic	3 cloves	9	15	0	1	3	170
Chickpea	1 cup	164	278	4	15	45	169
Olive	2	8	10	1	0	1	126
Lentil	1 cup	198	239	1	18	40	121
Lima Bean	1 cup	188	222	1	15	39	118
Black-eyed Pea	1 cup	171	200	1	13	35	117
Yam	1 cup	136	158	0	2	37	116
Fava Bean	1 cup	170	194	1	13	34	114
Lemongrass	1 cup	67	76	0	1	17	113
Corn	1 ear	103	116	2	4	22	112
Potato	1	173	167	0	4	37	97
Sweet Potato	1	114	107	0	2	24	94
Burdock	1 cup	125	116	0	3	26	93
Grape Leaves	1 leaf	4	4	0	0	1	93
Ginger	5 tsp	10	9	0	0	2	89
Peas	1 cup	160	137	0	9	25	86
Parsnip	1	98	76	0	1	17	77
Shallot	3	129	99	0	3	21	77
Artichoke	1	120	74	0	4	14	61
Nori	5 sheets	13	7	0	1	1	53
Horseradish	4 tsp	20	11	0	0	2	53
Onion	1	94	45	0	1	10	48
Pearl Onion	7	105	49	0	1	11	47
Chiles	1 pepper	45	21	0	1	4	47
Habanero	1 pepper	45	21	0	1	4	47
Fiddlehead	1 cup	142	65	0	0	16	46
Snap pea	10	26	12	0	1	2	45
Brussels Sprouts	8 sprouts	168	72	1	4	12	43
Snow pea	1 cup	160	68	0	5	11	43
Beets	1	50	21	0	0	5	42
Green Bean	1 cup	125	52	0	2	10	42
Broccoli	1 spear	37	15	0	1	3	41
Collard Greens	1 cup	190	77	1	5	11	41
Eggplant	1	566	227	1	5	49	40
Scallion	7	105	40	0	2	8	38
Carrot	1 carrot	46	17	0	0	4	38
Chives	.5 cup	24	9	0	1	1	38
Fennel	1 cup	87	32	0	1	6	37
Leek	1 leek	124	44	0	1	9	36
Jalapeño	1 pepper	14	5	0	0	1	35
Tomatillo	1	34	12	0	0	2	35
Kale	1 cup	130	44	1	3	7	34
Heart of Palm	1 piece	33	11	0	1	2	33
Bell Pepper	1	114	36	0	1	8	32
Spinach	1 cup	180	53	1	5	7	29
Asparagus	5 spears	75	21	0	2	3	29
Cauliflower	1 head	575	163	3	11	24	28
Cabbage	1 cup	150	41	0	2	8	28
Okra	1 cup	160	44	0	3	7	27
Swiss Chard	1 cup	175	43	0	3	7	25
Turnip	1	120	29	0	1	6	24
Bamboo Shoot	1 cup	131	31	1	2	4	23
Pumpkin	1 cup	245	57	0	2	12	23
Squash	1 cup	180	41	1	2	7	23
Tomato	1	123	26	0	1	5	21
Lettuce	2 cups	94	20	0	1	3	21
Wheatgrass	1 oz	30	6	0	0	1	20
Zucchini	1	217	40	1	3	6	19
Cucumber	1	201	36	0	1	7	18
Celery	1 stalk	40	7	0	0	1	17
Bok Choy	1 cup	170	26	0	3	3	15
Napa Cabbage	1 cup	109	16	0	2	1	15
Watercress	1 cup	34	5	0	1	0	14

CONDIMENTS

	SERVING	GRAMS	CALS	FAT	PROTEIN	CARBS	Cal per 100g
Aioli	1 tbsp	14	101	11	0	0	724
Mayonnaise	1 tbsp	14	91	10	0	0	649
Tahini	1 tbsp	15	95	8	3	3	635
Pesto	.5 cup	116	669	64	14	9	577
Thousand Islands	1 tbsp	15	59	6	0	2	394
Wasabi	1 tbsp	20	59	2	1	9	293
Hoisin sauce	1 tbsp	16	35	1	1	7	218
Tartar sauce	1 tbsp	15	31	3	0	2	207
Miso	1 tbsp	17	35	1	2	4	206
Mirin	1 oz	29	56	0	0	14	194
Gochujang	1 tbsp	32	61	0	1	14	189
Hummus	.5 cup	120	211	12	9	17	176
Barbecue Sauce	1 tbsp	17	29	0	0	7	172
Relish	1 tbsp	15	23	0	0	5	150
Chutney	1 tbsp	17	23	1	1	2	133
Ketchup	1 tbsp	17	20	0	0	5	115
Sriracha	1 tbsp	20	18	0	0	4	91
Worcestershire	1 tbsp	17	13	0	0	3	78
Mustard	1 tbsp	15	11	1	1	1	70
Soy Sauce	1 tbsp	16	9	0	1	1	58
Oyster Sauce	1 tbsp	18	10	0	0	2	54
Fish Sauce	1 tbsp	18	6	0	1	1	36
Salsa	.5 cup	72	25	0	1	5	34
Tabasco	1 tbsp	14	2	0	0	0	15

BREADS

Croutons	1 oz	28	131	5	3	18	467
Breadstick	1	6	25	1	1	4	410
Matzo	4 oz	112	443	2	11	96	396
Pretzel	4 oz	112	443	3	11	92	395
Biscotti	1	22	87	3	2	13	395
Pan Dulce	1 slice	63	233	7	6	36	370
Scone	1	115	396	16	7	56	344
Brioche	1 piece	77	263	13	6	30	341
Tortilla (Wheat)	1	41	128	4	4	19	312
Belgian waffle	1 piece	75	223	11	6	25	297
Panettone	1	113	335	6	6	63	297
Roti	1	40	118	4	3	18	294
Soda bread	1 slice	43	126	2	3	24	293
Naan	1	90	261	5	9	45	290
Challah	1 slice	40	113	2	4	19	282
Bread roll	1	28	78	2	2	13	278
Canadian White	1 slice	40	110	2	3	20	275
Baguette	1	324	882	8	35	168	272
Sourdough Bread	1 slice	64	173	2	7	33	270
Teacake	1	68	184	3	5	35	270
Pita	1	60	160	1	6	33	267
Potato Pancake	1	37	98	6	2	10	266
Potato Bread	1 slice	32	85	1	4	15	266
Brown Bread	1 slice	29	77	1	3	14	264
Bagel	1	105	277	1	11	55	263
Cornbread	1 piece	65	171	5	4	28	263
White Bread	1 slice	37	96	1	3	18	259
Banana Bread	1 piece	97	250	9	4	39	258
Ciabatta	1 slice	31	80	1	3	15	257
Whole Wheat Bread	1 slice	32	82	1	4	14	256
Rye Bread	1 slice	32	81	1	3	15	252
Pumpernickel	1 slice	32	80	1	3	15	251
Tortilla (Corn)	1	24	56	1	1	11	233
Portuguese Sweet Bread	1	83	192	1	6	41	232
English Muffin	1	57	131	1	4	26	229
Pancake	1	40	90	4	3	11	224
Spelt Bread	1 slice	51	103	5	2	13	202
Sprouted Bread	1 slice	40	77	0	5	14	193
Scallion Pancake	1	100	172	4	4	29	172
Dosa	1	97	165	4	4	29	170
Crêpe	1	64	103	5	4	10	161