

FRUITS:

Apple 4 ounces
Grapefruit (1/2) 6.6 ounces
Orange 4.6 ounces
Strawberries 6.6 ounces

VEGETABLES:

Asparagus 6.7 ounces
Beet Greens 6.7 ounces
Cabbage 5.7 ounces
Celery 10 ounces
Chard 5.7 ounces
Chicory 5.7 ounces
Cucumber 13 ounces
Fennel 4.5 ounces
Lettuce, Romaine 8 ounces
Lettuce, Iceberg 10 ounces
Onion, Bulb 3.3 ounces
Onion, Green 4.5 ounces
Radish 8 ounces
Spinach 5.7 ounces
Tomatoes 8 ounces

PROTEIN:

Chicken, Boneless & Skinless 4.85 ounces
King Crab, cooked and out of shell 6.25 ounces
Flounder/Sole 5.8 ounces
Alaskan Sea Bass 5.8 ounces
Tilapia 5.55 ounces
Cod 6.5 ounces
Halibut 4.85 ounces
Ground Turkey, 93% organic ground only 3.66 ounces
Ground Turkey, 99% organic ground only 5 ounces
Hamburger, 95% Lean 3.95 ounces
Prawn 5 ounces
Steak, Sirloin 2.83 ounces
Scallops 6 ounces
Shrimp, Shelled and cooked 5 ounces
Lobster, cooked and out of shell 5.8 ounces
Egg Whites (use in moderation) 10 ounces