

- Pork curry
- Steak beef fried lean only eaten
- Venison deer roasted
- Fish and vegetable soup no potatoes
- Pork chop fried lean only eaten
- Pork chop fried breaded or floured lean only eaten
- Fish battered and fried
- Steak beef raw filet boneless
- Steak beef grilled or broiled lean only eaten
- Beef shortribs cooked lean only eaten
- Beef shortribs barbecued with sauce lean only eaten
- Beef roast lean and fat eaten prime rib rib roast
- Beef roast lean only eaten prime rib rib roast
- Beef raw roast eye of round fat trimmed
- Beef pot roast braised or boiled lean and fat eaten
- Pork chop broiled baked or grilled lean only eaten
- Fish curry
- Chicken curry
- Fish Paste
- Tuna canned water packed
- Dried Fish Soup
- Dried Fish 100 grams
- Shrimp steamed or boiled
- Snails cooked with butter
- Beef curry
- Pork roast loin cooked lean and fat eaten
- Goat fried
- Beef raw roast chuck boneless fat not trimmed
- Beef pot roast braised or boiled lean only eaten
- Beef brisket cooked lean only eaten
- Ground beef less than 80 lean cooked
- Fried chicken breast fried in oil skin breading not eaten
- Haddock pollock scrod monkfish baked or broiled without fat
- Chicken breast roasted skin not eaten
- Meatballs beef
- Haddock pollock scrod monkfish floured or breaded fried in oil
- Sardines canned in oil
- Rice Soup w Pork
- Chicken breast stewed skin not eaten
- Beef and rice noodle soup Oriental style Vietnamese Pho Bo
- Fried chicken breast fried in oil skin breading eaten
- Shrimp baked broiled or grilled without fat
- Pork neck bones cooked
- Fried chicken breast fried in oil no breading skin eaten
- Hamburger patty 80 84 lean cooked no bun
- Crab raw blue
- Frog legs steamed
- Shrimp dried
- Liverwurst Braunschweiger
- Fried chicken sandwich with lettuce and mayonnaise McDonald s Burger King KFC
- Fried chicken sandwich Chick fil A McDonald s
- Wendy s Jr Hamburger
- Hot dog beef plain on bun
- Chicken ground cooked
- Shrimp baked broiled or grilled with margarine
- Chicken patty chicken fillet or chicken tenders breaded cooked Banquet Burger King Weaver KFC Tyson McDo
- Chicken drumstick baked skin not eaten
- Chicken raw breast bone in with skin
- Gizzard cooked