

1. Apple (15g carbs)
2. Banana (30g carbs)
3. Broccoli (5g carbs)
4. Pizza (40g carbs)
5. Carrot (6g carbs)
6. Grapes (15g carbs)
7. French Fries (30g carbs)
8. Spinach (1g carbs)
9. Hamburger (45g carbs)
10. Fish (0g carbs) - drop
11. Ice Cream (25g carbs)
12. Chicken Breast (0g carbs)
13. Sandwich (50g carbs)
14. Watermelon (10g carbs)
15. Egg (1g carbs)
16. Orange (12g carbs)
17. Blueberries (9g carbs)
18. Strawberries (7g carbs)
19. Kiwi (14g carbs)
20. Pineapple (21g carbs)
21. Watermelon (10g carbs)
22. Grapefruit (11g carbs)
23. Cherry (9g carbs)
24. Pear (26g carbs)
25. Peach (9g carbs)
26. Plum (8g carbs)
27. Avocado (9g carbs)
28. Cucumber (3g carbs)
29. Broccoli (4g carbs)
30. Spinach (1g carbs)
31. Cauliflower (5g carbs)
32. Zucchini (3g carbs)
33. Carrot (6g carbs) - duplicate
34. Sweet Potato (20g carbs)
35. Butternut Squash (16g carbs)
36. Quinoa (21g carbs) - missing
37. Brown Rice (45g carbs) - missing
38. Chicken Breast (0g carbs) - duplicate
39. Salmon (0g carbs)
40. Tofu (2g carbs)
41. Eggs (1g carbs) - duplicate
42. Greek Yogurt (8g carbs)
43. Cottage Cheese (6g carbs)

- 44. Almonds (6g carbs)
- 45. Walnuts (4g carbs)
- 46. Peanut Butter (8g carbs) - missing
- 47. Oatmeal (27g carbs)
- 48. Whole Wheat Bread (13g carbs)
- 49. Pasta (25g carbs)
- 50. Rice Cakes (7g carbs)
- 51. Black Beans (24g carbs)
- 52. Chickpeas (27g carbs)
- 53. Lentils (20g carbs)
- 54. Kidney Beans (23g carbs)
- 55. Milk (12g carbs)
- 56. Cheese (1g carbs)
- 57. Bacon (0g carbs)
- 58. Beef (0g carbs)