

Name	Calories	Protein (g)	Carbs (g)	Fats (g)
Cheddar Cheese	115	7.0	1.0	9.0
Cottage Cheese	90	11.0	3.0	4.0
Tofu	80	8.0	2.0	4.5
Greek Yogurt	100	10.0	6.0	0.0
Eggs	70	6.0	1.0	5.0
Broccoli	55	4.0	11.0	0.0
Zucchini	33	2.4	6.1	0.6
Carrots	41	0.9	9.6	0.2
Spinach	23	2.9	3.6	0.4
Mushrooms	22	3.1	3.3	0.3
Tomatoes	22	1.1	4.8	0.2