

Food and nutrition facts

Eggs 50g\78\5g\6g\6g

Chicken breast 140g\335\19g\0g\38g

Chicken, drumstick w\ skin 133g\211\12\1g\23g

Chicken thighs 116g\206\10g\0g\28g

Oatmeal 234g\158\3.2g\27g\6g

Greek Yogurt 170g\100\0.7g\6g\17g

Milk, 1% fat 244g\103\2.4g\12g\8g

Broccoli 91g\31\0.3g\6g\2.6g

Beef, 85%lean beef 85g\213\13g\0g\22g

Tuna 100g\116\0.8g\0g\25.5g

Quinoa 45g\170\2.5g\29g\6g

Bread, multi-grain 41g\109\1.7g\18g\5g

Honey Multigrain Bread 57g\140\3g\25g\5g

Turkey, breast, roasted 100g\189\7g\0g\29g

Turkey, slices 100g\160\9g\1.8g\18g

Brussels sprouts 88g\38\0.3g\8g\3g

Peanut 28.4g\161\14g\4.6g\7g

Steak 100g\271\19g\0g\25g

Lamb 100g\294\21g\0g\25g

Ham 140g\203\8g\2.1g\29g

Edamame 155g\189\8g\15g\17g

Black Beans 120g\109\0.4g\20g\7g

Red Kidney Beans 100g\127\0.5g\22.8g\8.7g

Spinach 180g\41\0.5g\6.8g\5.3g

Black-eye-peas 170g\194\0.9g\35g\13g

Brown rice, long-grain 195g\216\1.8g\45g\5g

White rice, long-grain 158g\206\0.4g\45g\4.3g

White rice, short-grain 186g\242\0.4g\53g\4.4g

Potato 213g\163\0.1g\37g\4.3g

Salmon 198g\238\7g\0g\40g

Apple 182g\95\0.3g\25g\0.5g

Avocados 146g\234\21g\12g\2.9g

Bananas 150g\133\0.5g\34g\1.6g

Watermelon 280g\85\0.4g\21g\1.7g

Grape 92g\62\0.3g\16g\0.6g