



Blueberries

1 cup 148g

Broccoli

1 cup chopped 91g

Clementines

1 fruit 74g

Cucumber, With Peel

½ cup slices 52g

Eggs or Dairy

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Egg, Whole, Cooked, Omelet

1 tbsp 15g

Egg, Whole, Cooked, Fried

1 large 46g

Egg, Whole, Cooked, Hard-Boiled

1 cup, chopped 136g

Egg, Whole, Cooked, Poached

1 large 50g