Protein

Tuna in water	30g
Steak	25g
Squid	30g
Cooked shrimp	2 pieces
Pork	25g
Ground meat	25g
Soy/turkey Chorizo	¼ cup
Beef Brisket	25g
Fish Fillet	40g
Egg	1 piece
Crab	30g
Ham	2 slices
Machaca	15g
Tuna Medallion	30g
Chicken Breast	30g
Chicken Leg	25g
Cooked octopus	30g
Chihuahua Cheese	20g
Cottage Cheese	3 tbsp
Queso Fresco- Panela	40g
Oaxaca Cheese or Mozzarella	25g or 3 tbsp
Turkey sausage	1 bar
Protein Powder	⅓ scoop
Salmon	30g
Feta Cheese	20g

* Raw foods, chicken, meat, or fish must be weighed after cooking

Vegetables

celery	½ cup
beet	¼ piece
Cooked broccoli	½ cup
Cooked squash	½ cup
Onion	¼ cup
Cauliflower	¾ cup
Mushroom	½ cup
Cooked Chayote	½ cup
Cooked peas	⅕ pieces
Jalapeño Pepper	6 pieces
Cooked Green Beans	½ cup
Vegetable juice	½ cup
Carrot Juice	¼ cup
Lettuce	2 pieces
Bell Pepper	½ cup
Tomato Puree	¼ cup
Raw Carrot	½ cup
Cucumber	1 piece
Spinach	1 cup

*Vegetable's recommended daily serving is free

Fats without protein

Avocado, coconut, corn, olive oil	1 teaspoon (5ml)
Green or Black olives	5 pieces
Dressing	2 Tbl
Avocado	¼ piece of the avocado

Margarine, butter, mayonnaise, cream cheese	1 Tbl

Fats with proteins

Almonds	10 pieces
Natural peanuts	14 pieces
Walnuts	5 pieces
Pistachios	18 pieces
Unsweetened (Un.S) almond butter	1 Tbl
Un.S hazelnut butter	1 Tbl
Un.S peanut butter	1 Tbl
Cashews	10 pieces

Fruits

Coconut water	1 ½ cup
Prune	3 pieces
Date	2 pieces
Peach	2 pieces
Strawberries	1 cup
Guava	3 pieces
Orange Juice	¼ cup
Grapefruit Juice	¼ cup
Kiwi	1 ½ cup
Tangerine	2 pieces
Mango	1 cup
Apple	1 piece
Melon	1 cup
Orange	2 pieces

Papaya	1 cup
Pear	½ cup
Pinapple	1 cup
Banana	½ piece
Watermelon	1 cup
Grapefruit	1 piece
Grapes	17 pieces
Blueberries	¾ cup
Raisns	10 pieces

Carbs

Cooked rice	¼ cup
Cooked quinoa	¼ cup
Oatmeal	¼ cup
Salmas Crakers	2 pieces
Whole Grain Bread	½ piece
Corn on the cob	⅓ piece
Corn kernels	¼ cup
Maria cookies	5 pieces
Saltine crakers	3 squares
Sugar-free granola	2 Tbl
Plain popcorn	2 cups
Whole wheat loaf	1 slice
Thins bread	1 pair
Susalia Tortilla chips (totopos)	15 pieces
Cooked potato	½ piece
Cooked pasta	½ cup
Corn tortilla	1 piece
Cactus tortilla (sucialia o nopalia)	2 pieces

Toasted tortilla (tostada)	1 piece
Puffed rice cracker	2 pieces
Bimbo hot dog bun (zero-zero)	½ piece
Hamburger buns Bimbo (zero-zero)	½ piece
Rice paper	2 pieces
Croutons	¼ cup
Tortiregias	3 pieces
Corn	½ cup