

<b>Food</b>	<b>Weight (g)</b>	<b>Fat (g)</b>	<b>Carbohy drate (g)</b>	<b>Protein (g)</b>	<b>Calories</b>
Items for Meals					
Apple, raw, no skin, (1 medium)	161.00	0.00	21.00	0.00	77.00
Butter, 1 pat (1" square x 1/3" high)	4.00	3.00	0.00	0.00	27.00
Cashew Flour 1 oz. (1/4 cup)	28.00	14.00	8.00	5.00	160.00
Cashew nuts, raw 1/4 cup (1 oz.)	28.00	14.00	8.00	5.00	160.00
Chicken breasts - grilled (1)	78.00	1.50	0.00	22.00	100.00
Chicken Curry	340.00	4.23	5.00	63.06	310.31
Coconut, raw (1 oz.)	28.00	9.00	4.00	1.00	99.00
Coconut, raw (1 tablespoon)	4.00	1.29	0.57	0.14	14.10
Egg (1 large)	61.00	7.00	0.00	6.00	96.00
Lentils, 1 cup	198.00	1.00	40.00	18.00	230.00
Oatmeal, Dry 1/2 cup	40.00	3.00	26.00	6.00	155.00
Oatmeal, cooked, 1 cup	234.00	4.00	32.00	6.00	188.00
Olive Oil (1 oz.)	28.00	28.00	0.00	0.00	252.00
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Potato, baked	100.00	0.00	21.00	3.00	93.00
Potato, mashed with whole milk	210.00	1.00	37.00	4.00	210.00
Quinoa, cooked (1 cup)	185.00	4.00	39.00	8.00	224.00
Rice, brown (1 cup)	195.00	1.95	46.80	3.90	218.40
Rice, brown, crispy	48.00	2.40	38.40	3.20	176.00
Rice, brown, cake, 1 cake	9.00	0.00	7.00	1.00	35.00
Rice, brown, puffed (1 cup)	17.00	0.00	14.00	1.00	60.00
Rice, white (1 cup)	186.00	0.00	53.94	3.72	241.80
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Sesame Seeds (1 cup)	144.00	72.00	34.00	26.00	825.00
Sugar, granular, 1 packet	3.50	0.00	4.00	0.00	15.00
Sunflower Oil (1 cup)	218.00	218.00	0.00	0.00	1,927.00
Tomatoes, cooked (1 cup)	240.00	0.00	10.00	2.00	43.00
Tomato, raw (1 small)	91.00	0.00	4.00	1.00	16.00
Tomato Sauce, curry or Italian, with Olive Oil (1 cup)	247.00	7.00	10.00	2.00	106.00
Turkey (breast or dark meat)	170.00	2.80	7.20	29.00	176.00
Vegetable Curry	400.00	16.00	28.40	12.80	308.00
Note: American Diabetes Foundation recommends 45-60 g carbohydrates per meal for adults					
Note: The carbohydrate content of a meal should be 45%-60% of the total calories of the meal					
1 gram fat = 9 calories					
1 gram carbohydrate = 4 calories					
1 gram protein = 4 calories					

<b>Food</b>	<b>Weight (g)</b>	<b>Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Protein (g)</b>	<b>Calories</b>
Snack					
Cashew nuts, raw 1/4 cup (1 oz.)	28.00	14.00	8.00	5.00	160.00
Snack					
Rice cake, brown, 1 cake	9.00	0.00	7.00	1.00	35.00
Butter, 1 pat (1" square x 1/3" high)	4.00	3.00	0.00	0.00	27.00
Totals: Fat-27.27%, Carb-63.64%, Protein-9.09%	13.00	3.00	7.00	1.00	62.00
Breakfast					
Rice, brown, puffed	46.63	0.00	2.74	0.00	164.56
Cashew Flour or Nuts (1/2 cup)	19.10	9.55	5.46	3.41	121.43
Coconut, raw (2 tablespoons)	8.00	2.58	1.14	0.28	28.90
Water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-34.67%, Carb-57.16%, Protein-8.17%	73.73	12.13	45.00	6.43	314.89
Breakfast					
Rice, brown, crispy	48.00	2.40	38.40	3.20	188.00
Cashew nuts or Cashew Flour, raw	19.10	9.55	5.46	3.41	121.43
Coconut, raw (2 tablespoons)	8.00	2.58	1.14	0.28	28.90
Water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-38.65%, Carb-53.20%, Protein-8.16%	75.10	14.53	45.00	6.89	338.33
Breakfast					
Oatmeal, Dry	69.24	5.19	45.01	10.39	268.31
Water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-17.41%, Carb-67.10%, Protein-15.49%	69.24	5.19	45.01	10.39	268.31
Breakfast					
Oatmeal, Dry	63.20	3.16	41.08	9.48	230.68
Sugar, granular, 1 packet	3.50	0.00	4.00	0.00	15.00
Water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-11.53%, Carb-73.10%, Protein-15.37%	66.70	3.16	45.08	9.48	246.68
Breakfast					
Oatmeal, cooked	329.24	5.63	45.02	8.44	264.51
Totals: Fat-19.16%, Carb-68.08%, Protein-12.76%	329.24	5.63	45.02	8.44	264.51
Breakfast					
Oatmeal, cooked	300.23	5.13	41.06	7.70	241.21
Sugar, granular, 1 packet	3.50	0.00	4.00	0.00	15.00
Totals: Fat-17.95%, Carb-70.08%, Protein-11.97%	303.73	5.13	45.06	7.70	257.21

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Lunch					
Chicken breasts - grilled (2) with Brown Rice	156.00	3.00	0.00	44.00	203.00
Rice, brown	187.59	1.88	45.02	3.75	212.00
Totals: Fat-10.58%, Carb-43.39%, Protein-46.02%	343.59	4.88	45.02	47.75	415.00
Lunch					
Chicken breasts - grilled (2) with Potato	156.00	3.00	0.00	44.00	203.00
Potato, baked	214.50	0.00	45.05	6.44	205.96
Totals: Fat-6.60%, Carb-44.06%, Protein-49.33%	370.50	3.00	45.05	50.44	408.96
Lunch					
Chicken breasts - grilled (2) with	156.00	3.00	0.00	44.00	203.00
Quinoa, cooked	213.68	4.62	45.05	9.24	258.74
Totals: Fat-14.85%, Carb-39.03%, Protein-46.12%	369.68	7.72	45.05	53.24	461.74
Lunch					
Lentils, 1 cup	225.75	1.13	45.00	20.25	271.17
Totals: Fat-3.75%, Carb-66.38%, Protein-29.87%	225.75	1.13	45.00	20.25	271.17
Dinner					
Chicken breasts - grilled (2) with Brown Rice & Salad	156.00	3.00	0.00	44.00	200.00
Rice, brown	179.40	1.79	43.06	3.59	202.71
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Totals: Fat-10.42%, Carb-43.57%, Protein-46.01%	407.40	4.79	45.06	47.59	413.71
Dinner					
Chicken breasts - grilled (2) with Brown Rice & Salad	156.00	3.00	0.00	44.00	200.00
Rice, brown	159.12	1.59	39.00	3.18	183.03
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Tomato, raw (1 small)	91.00	0.00	4.00	1.00	16.00
water, added to pureed tomato	0.00	0.00	0.00	0.00	0.00
Totals: Fat-9.98%, Carb-43.48%, Protein-46.55%	478.12	4.59	45.00	48.18	414.03
Dinner					
Chicken breasts - grilled (2) with Potato & Salad	156.00	3.00	0.00	44.00	200.00
Potato, baked	204.80	0.00	43.01	6.14	196.60
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Totals: Fat-6.62%, Carb-44.17%, Protein-49.21%	432.80	3.00	45.01	50.14	407.60

<b>Food</b>	<b>Weight (g)</b>	<b>Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Protein (g)</b>	<b>Calories</b>
Dinner					
Chicken breasts - grilled (2) with Quinoa & Salad	156.00	3.00	0.00	44.00	200.00
Quinoa, cooked	204.24	4.42	43.06	8.83	247.34
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Totals: Fat-14.57%, Carb-39.32%, Protein-46.11%	432.24	7.42	45.06	52.83	458.34
Dinner					
Chicken breasts - grilled (2) with Quinoa & Salad	156.00	3.00	0.00	44.00	200.00
Quinoa, cooked	185.00	4.00	39.00	8.00	224.00
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Tomato, raw (1 small)	91.00	0.00	4.00	1.00	16.00
water, added to pureed tomato	0.00	0.00	0.00	0.00	0.00
Totals: Fat-13.85%, Carb-39.56%, Protein-46.59%	504.00	7.00	45.00	53.00	455.00
Dinner					
Chicken breasts - grilled (2) with Brown Rice & Sauce	156.00	3.00	0.00	44.00	200.00
Rice, brown	159.12	1.59	38.19	3.18	179.79
Curry or Italian Tomato Sauce with Olive Oil (1 cup)	247.00	7.00	10.00	2.00	106.00
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Totals: Fat-20.79%, Carb-40.01%, Protein-39.20%	634.12	11.59	50.19	49.18	501.79
Dinner					
Chicken Curry (Indian Restaurant)	340.00	4.23	5.00	63.06	310.31
Rice, white	138.01	0.00	40.02	2.23	169.00
Totals: Fat-7.94%, Carb-37.57%, Protein-54.49%	478.01	4.23	45.02	65.29	479.31
Dinner					
Vegetable Curry (Indian Restaurant)	320.00	12.80	22.72	10.24	247.04
Rice, white	77.00	0.00	22.33	1.54	95.48
Totals: Fat-14.11%, Carb-80.71%, Protein-5.18%	397.00	12.80	45.05	11.78	342.52
Dinner					
Chicken breast - grilled - Sweet Mama's Restaurant	174.00	3.35	0.00	49.06	226.39
Vegetables	345.60	0.00	9.60	0.00	48.00
Potato, baked	169.00	0.00	35.49	5.07	162.24
Totals: Fat-7.06%, Carb-42.24%, Protein-50.70%	688.60	3.35	45.09	54.13	427.03

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Dinner					
Chicken breasts - grilled - Pumpnickel's Restaurant	160.00	3.08	0.00	45.14	208.28
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Mashed Potatoes with milk	244.44	1.16	43.07	4.66	201.36
Totals: Fat-9.14%, Carb-43.17%, Protein-47.70%	467.50	4.24	45.07	49.80	417.64
Dinner					
Chicken breasts - grilled (2) with white & Salad	156.00	3.00	0.00	44.00	200.00
Rice, white	148.43	0.00	43.04	2.97	184.04
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Totals: Fat-6.83%, Carb-45.61%, Protein-47.56%	376.43	3.00	45.04	46.97	395.04
Dinner					
Chicken breasts - grilled (2) with white rice	156.00	3.00	0.00	44.00	200.00
Rice, white	155.31	0.00	45.04	3.11	192.60
Totals: Fat-6.83%, Carb-45.54%, Protein-47.63%	311.31	3.00	45.04	47.11	395.60
Dinner					
Turkey (breast or dark meat) with Brown Rice	170.00	2.80	7.20	29.00	170.00
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Rice, brown	149.18	1.49	35.80	2.98	168.53
Totals: Fat-11.14%, Carb-51.94%, Protein-36.91%	391.18	4.29	45.00	31.98	346.53
Dinner					
Turkey (breast or dark meat) with Potato	170.00	2.80	7.20	29.00	170.00
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Potato, baked	170.50	0.00	35.81	5.12	163.72
Totals: Fat-3.58%, Carb-53.39%, Protein-43.03%	412.50	2.80	45.01	34.12	341.72
Dinner					
Turkey (breast or dark meat) with Potato	170.00	2.80	7.20	29.00	170.00
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Quinoa, cooked	170.20	3.68	35.88	7.36	206.08
Totals: Fat-15.18%, Carb-46.95%, Protein-37.87%	412.20	6.48	45.08	36.36	384.08
Dinner					
Turkey drumstick (456g total, 267 g meat) with Brown	267.00	4.40	11.30	45.53	266.92
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Rice, brown	132.21	1.32	31.73	2.52	148.88
Totals: Fat-12.39%, Carb-42.50%, Protein-45.35%	471.21	5.72	45.03	48.08	423.80

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Dinner					
Turkey drumstick (456g total, 267 g meat) with Potato	267.00	4.40	11.30	45.53	266.92
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Potato, baked	151.00	0.00	31.71	4.53	144.96
Totals: Fat-9.43%, Carb-42.88%, Protein-47.69%	490.00	4.40	45.01	50.06	419.88
This document is available in the library of www.allocca.com	5/5/2012				
There is a Carbohydrate Balancing Calculator and the pdf of this document in the library of www.allocca.com					