

Calorie Counter Detox		Fat %	Calories	Carbs %	Protein %
Vegetables					
Spinach (1 cup - 30 gms)		0%	6	0%	2%
Rocket lettuce (Arugula - 1 cup - 20 gms)		0%	2	0%	0%
Cucumber (1/2 cup sliced - 52 gms)		0%	8	1%	0%
1 small Cucumber (6-3/8" long)		0%	19	1%	0%
Carrots (1 cup chopped - 129 gms)		0%	52	4%	2%
1 small Carrot		0%	21	2%	1%
Alfalfa Sprouts (1 cup - 33 gms)		0%	10	0%	0%
Broccoli (1 cup - 88 gms)		1%	30	2%	5%
1 small beetroot (82 gms)		0%	35	3%	2%
Capsicum (1 cup chopped - 149 gms)		1%	39	3%	2%
Shredded Lettuce (1 cup - 55 gms)		0%	6	0%	0%
Fennel (1 cup - 87 gms)		0%	27	2%	2%
1 medium stalk celery (7.5"-8" - 40 gms)		0%	6	0%	1%
1 small celery stick		0%	2	0%	0%
Chives (1 tblspoon chopped - 3 gms)		0%	1	0%	0%
1 medium avocado (145 gms)		42%	276	0%	6%
Avocado (1 cup sliced - 146 gms)		33%	234	0%	6%
1 small avocado		30%	250	0%	4%
1 medium mushroom (18 gms)		0%	4	0%	1%
1 small zucchini		0%	19	1%	3%
Zucchini (1 cup chopped)		0%	20	1%	1%
Coriander (Cilantro - 4 tbsp - 4 gms)		0%	0.5	0%	0%
1 Cherry Tomato (diced - 17 gms)		0%	4	0%	0%
1 medium Tomato (123 gms)		0%	22	2%	2%
1 small Tomato		0%	16	1%	1%
Red Cabbage (1 cup - 70 gms)		0%	22	2%	2%
Olive (1 small - 3.2 gms)		1%	4	0%	0%
Garlic (1 glove - 3 gms)		0%	4	0%	0%
1 iceberg lettuce leaf (15 gms)		0%	2	0%	0%
1 medium slice red onion		0%	6	0%	0%
1 small onion		0%	28	2%	0%
1 medium red onion		0%	46	4%	0%
1 small spring onion		0%	1	0%	0%
1 cup peas		0%	118	6%	6%
1 Asparagus spear		0%	4	0%	0%
1 cup green beans		0%	34	3%	
1 medium squash		1%	31	2%	
Fruits					
Strawberries (1 cup halved - 152 gms)		1%	44	4%	2%
Strawberries (1 cup pureed - 232 gms)		1%	74	6%	3%
1 medium Apple (138 gms)		0%	72	6%	1%
1 small Apple		0%	55	4%	0%
Apple (1 cup sliced and boiled - no skin)		1%	91	8%	1%
1 Granny Smith apple		0%	80	7%	0%
1 medium Bannana (118 gms)		1%	105	9%	2%
1 small Pear (139 gms)		0%	81	7%	1%
Blueberries (50 berries - 68 gms)		0%	39	3%	1%
Blueberries (1 cup - 145 gms)		1%	83	7%	2%
1 Lemon		0%	12	1%	1%
Organic Apple Juice (1 cup - 8 fl oz. - 236ml)		0%	120	9%	0%
Raspberries (1 cup - 123 gms)		1%	64	5%	3%
1 kiwi fruit		0%	25	2%	0%
1 piece dried apple ring		0%	16	1%	0%
1 mandarin		0%	37	3%	0%
1 cup pineapple		2%	78	7%	4%
2 cups honeydew melon		0%	128	5%	1%
Organic Pineapple Juice - 1 cup		0%	82	7%	0%
Nuts/Seeds					
23 Almonds (1 oz. - 28.35 gms)		22%	164	2%	11%
21 Hazelnuts (1 oz. - 28.35 gms)		26%	178	2%	8%
47 Pistachio Kernels		19%	158	12%	13%
1 tablespoon Sunflower Seeds - Raw		4%	51	1%	0%
1 tablespoon pinenuts		9%	58	1%	8%
18 cashews (1 oz)		21%	165	3%	
Oils/Vinegar					
Olive Oil (1 tsp - 4.5 gms)		7%	40	0%	0%
Olive Oil (1 tbsp - 13.5 gms)		21%	119	0%	0%
Balsamic Vinegar (1 tbsp - 15 gms)		0%	10	0%	0%
Red Wine Vinegar (1 tbsp - 15 gms)		0%	2	0%	0%
Miso (1 tbsp		5%	60	3%	0.50%
1 tsp Tamari		0%	4	0%	0.00%
Honey (1 tbsp - 21 gms)		0%	64	6%	0%
Honey (1 tsp)		0%	20	1%	0%
Grains/Starch					
1 Rye cracker		0%	37	3%	0%
1 cup wild rice (164 gms)		1%	166	12%	7%
1 cup brown rice		3%	216	15%	5%
1 tbsp oats		0%	10	1%	
1 medium potato		0%	161	12%	8%
1 cup diced potatoes		0%	58	4%	3%
Protein					
1 large egg white		0%	17	0%	7%
1 small sea bass (350 gms)			444	0%	
1/2 cup goats milk yogurt			69		
4 cups vegetable stock (1 ltr)		0%	80	8%	4%
2 cups vegetable stock (500 mls)		0%	40	4%	2%
1 turkey breast (300gms)			270		