

**PREMIERE WEIGHT LOSS & WELLNESS**  
**NUTRITIONAL GUIDE**

\*500 calories for the first 3 days, (then 1,000 calories there after) & <50 grams of carbs. per day\*

FOOD	PORTION	CALORIES	FAT (g)	SAT. FAT (g)	CHOL. (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	CALCIUM (mg)	K (mg)
<b>NUTS</b>												
<i>Almonds</i>												
raw whole	23	<b>164</b>	14.4	1.1	0	0	<b>5.6</b>	3.3	1.4	6	70.3	206.4
raw sliced	¼ cup	<b>133</b>	11.6	0.9	0	0	<b>4.5</b>	2.7	1.1	4.9	57	167.4
smoked	17	<b>170</b>	15	1.5	0	200	<b>6</b>	3	0	5	80	--
<i>Peanuts</i>												
raw	¼ cup	<b>207</b>	18	2.5	--	7	<b>5.9</b>	3.1	1.4	9.4	33.6	257.3
dry roasted (no added salt)	¼ cup	<b>214</b>	18.1	2.5	0	2	<b>7.9</b>	2.9	1.5	8.6	19.7	240.2
Jiff creamy reduced fat	2 tbsp.	<b>190</b>	12	2.5	0	250	<b>15</b>	1	4	8	0	--
<i>Walnuts</i>	14 halves	<b>185</b>	18.5	1.7	0	1	<b>3.9</b>	1.9	0.7	4.3	27.8	125
<b>DAIRY</b>												
<i>Yogurt</i>												
carb & sugar control all (Danon) fat free	1 tub, 4 oz.	<b>60</b>	3	2	10	25	<b>3</b>	0	2	5	15%	80
sour cream	1 tbsp.	<b>10</b>	0	0	0	20	<b>2.2</b>	0	0.1	0.4	17.5	18.1
<i>Cheese</i>												
<i>Mozzarella</i>												
shredded 2% milk	1 oz.	<b>70</b>	4	2.5	15	200	<b>0.5</b>	0	0	8	400	--
string (Frigo) reduced fat	1 stick, 1 oz.	<b>70</b>	4	2.5	15	220	<b>1</b>	0	0	8	150	--
<i>Cheddar</i>												
Cracker Barrel 2% milk (sharp)	1 stick, 28gram	<b>90</b>	6	3.5	20	240	<b>1</b>	0	0	7	20%	--
<i>Cottage Cheese</i>												
fat free	½ cup	<b>80</b>	0	0	5	380	<b>6</b>	0	4	14	100	--
1% milk	½ cup	<b>81</b>	1.2	0.7	5	459	<b>3.1</b>	0	3.1	14	68.9	97.2
2% milk	½ cup	<b>102</b>	2.2	1.4	--	459	<b>4.1</b>	0	0.4	15.5	78	108.5
<i>Cream Cheese</i>												
fat free	3.5 oz.	<b>96</b>	1.4	0.9	--	545	<b>5.8</b>	0	0.4	14.4	185	163
light- Philadelphia	3.5 oz.	<b>186</b>	14	9.3	--	466	<b>6.2</b>	0	6.2	9.3	310.6	--
<i>Parmesean Cheese</i>												

grated low fat	2 tsp.	<b>20</b>	1	0.5	--	80	<b>2</b>	0	0	1	40	--
<i>Swiss</i>												
reduced fat (Laughing Cow)	wedge, 7 oz.	<b>35</b>	2	1	10	260	<b>1</b>	0	1	2.5	60	--

<b>FOOD</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>FAT (g)</b>	<b>SAT. FAT (g)</b>	<b>CHOL. (g)</b>	<b>SODIUM (mg)</b>	<b>CARBS (g)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>	<b>PROTEIN (g)</b>	<b>CALCIUM (mg)</b>	<b>K (mg)</b>
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<b>PROTEIN</b>												
<i>Egg</i>												
white cooked	1	<b>17</b>	0.1	0	--	55	<b>0.2</b>	0	0.2	3.6	2.3	53.8
white substitute	.25 cup	<b>25</b>	0	0	--	75	<b>0</b>	0	0	5	--	--
white hard boiled	1	<b>17</b>	0.1	0	--	50	<b>0.2</b>	0	0	3.6	--	51
whole raw	1	<b>54</b>	3.7	1.1	--	52	<b>0.3</b>	0	0.3	4.7	19.6	19.6

<b>FOWL</b>												
chicken breast skinless (baked)	Approx. 3.7 oz.	<b>120</b>	2	0.5	--	550	<b>1</b>	--	1	25	0	--
cornish hen skinless (baked)	½ bird 3.9 oz.	<b>147</b>	4.3	1.1	--	69	<b>0</b>	0	0	25.6	14.3	275
turkey (chopped)	½ cup	<b>110</b>	2.3	0.7	--	45	<b>0</b>	0	0	20.9	13.3	213.5

<b>MEAT BROILED</b>												
top sirloin (lean)	6oz.	<b>311</b>	9.8	3.7	99	109	<b>0</b>	0	0	51.9	34	668.1
ground beef 95% lean	1 patty ¼ lb	<b>140</b>	5.4	2.4	62	53	<b>0</b>	0	0	21.6	5.7	285.4
lean pork loin center rib	3 oz	<b>184</b>	8.5	3	69	55	<b>0</b>	0	0	25	26.4	375

<b>SEAFOOD</b>												
crabmeat canned jumbo lump (Phillips)	4 oz. 1 fillet	<b>80</b>	0	0	--	360	<b>0</b>	0	0	20	--	--
Flounder (cooked)	5.7 oz. 1 fillet	<b>148</b>	1.9	0.5	78	78	<b>132</b>	0	0	30.7	29.3	588.4
Grouper (cooked)	7.1 oz. ½ fillet	<b>238</b>	2.6	0.6	95	0.7	<b>0</b>	0	0	50.2	42.4	949.5
Halibut (cooked)	5.6 oz.	<b>223</b>	4.7	0.7	65	110	<b>0</b>	0	0	42.4	95.4	915.8
shrimp (cooked)	3 oz.	<b>84</b>	0.9	0.2	166	190	<b>0</b>	0	0	17.8	33.2	154.7
Swordfish	3.7 oz.	<b>164</b>	5.4	1.5	53	122	<b>0</b>	0	0	26.9	6.4	391.1
Tilapia (raw)	3.5 oz.	<b>96</b>	1.7	0.6	50	52	<b>0</b>	0	0	20.1	10	302
Trout	1 fillet											
Salmon	2.5 oz.	<b>120</b>	5.1	1.5	48	30	<b>0</b>	0	0	17.2	61.1	313.1

Atlantic farmed	½ fillet 6.3 oz.	<b>367</b>	22	4.5	112	109	<b>0</b>	0	0	39.3	26.7	683.5
Atlantic wild	½ fillet 5.4 oz.	<b>280</b>	12.5	1.9	109	86	<b>0</b>	0	0	39.2	23.1	967.1
<i>Tuna</i>												
blue fin	3 oz.	<b>122</b>	4.2	1.1	32	33	<b>0</b>	0	0	19.8	6.8	214.2
yellow fin	3 oz.	<b>92</b>	0.8	0.2	38	31	<b>0</b>	0	0	19.9	13.6	377.4
canned w/ water	5.8 oz.	<b>191</b>	1.4	0.4	50	558	<b>0</b>	0	0	42.1	18.2	391

<b>SEASONINGS/ CONDIMENTS</b>												
<i>Mustard (French's)</i>												
dijon	1 tsp.	<b>0</b>	0	0	0	115	<b>0</b>	0	0	0	--	--
yellow	1 tsp.	<b>0</b>	0	0	0	55	<b>0</b>	0	0	0	--	--

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<i>Herbs/Spices</i>												
basil (dried)	1 tsp.	2	0	0	0	0	0.4	0.3	0	0.1	14.8	24
cilantro	1 tsp.	0	0	0	0	0	1	1	0	0	--	--
dill	1 tsp.	3	0	0	0	2	0.6	0.1	--	0.2	17.8	33.1
marjoram leaves	1 tsp.	2	0	0	0	0	0.4	0.2	0	0.1	11.9	9.1
cayenne pepper	1 tsp.	6	0.3	0.1	0	1	1	0.5	0.2	0.2	2.7	36.3
garlic powder	1 tsp.	9	0	0	0	1	2	0.3	0.7	0.5	2.2	30.8
oregano	1 tsp.	3	0.1	0	0	0	0.6	0.4	0	0.1	15.8	16.7
parsley	1 tsp.	1	0	0	0	1	0.2	0.1	0	0.1	4.4	11.4
pepper	1 tsp.	5	0.1	0	0	1	1.4	0.6	0	0.2	9.2	26.4
rosemary	1 tsp.	4	0.2	0.1	0	1	0.8	0.5	--	0.1	15.4	11.5
sage	1 tsp.	2	0.1	0	0	0	0.4	0.3	0	0.1	11.6	7.5
thyme	1 tsp.	3	0.1	0	0	1	0.6	0.4	0	0.1	18.9	8.1

<i>Liquid</i>												
vinegar	1 tsp.	0	0	0	0	0	0	0	0	0	0	0
balsamic	1 tsp.	10	0	0	0	0	2	0	0	0	0	--
white wine	1 tsp.	0	0	0	0	0	0	0	0	0	--	--
extra virgin olive oil	1 tsp.	120	14	2	0	0	0	0	0	0	0	--
lemon juice	1 tsp.	20	0	0	0	25	6	0	1	0	--	0
lime juice	1 tsp.	0	0	0	0	0	0	0	0	0	--	0

<b>VEGATABLES</b>												
artichokes (canned)	2 pieces	19	0	0	0	252	4.4	1.3	1.3	0.6	0	--
asparagus	4 med. spears	13	0.1	0	0	1	2.5	1.3	1.2	1.4	15.4	129.3
bean sprouts	1/2 cup	17	0.1	0	0	3	3.4	1	2.4	1.7	7.4	84.9
bok choy (raw)	1 cup	9	0.1	0	0	46	1.5	0.7	0.8	1	73.5	176.4
broccoli	1 cup	31	0.3	0	0	30	6	2.4	1.5	2.6	42.8	287.6
brussel sprouts (raw)	1 cup	38	0.3	0.1	0	22	7.9	3.3	1.9	3	37	342.3
cabbage (raw)	1 cup	17	0.1	0	0	13	3.9	1.6	2.5	1	32.9	172.2
cauliflower (raw)	1 cup	25	0.1	0	0	30	5.3	2.5	2.4	2	22	303
celery stalk	1, 11-12"	9	0.1	0	0	50	1.8	1	1.1	0.4	24.8	161.2
chives	1 tsp.	0	0	0	0	0	0	0	0	0	0.9	3
collard greens	2 cups	25	0	0	0	15	5	3	0	2	100	--
cucumber	1 cup	16	0.1	0	0	2	3.8	0.5	1.7	0.7	16.6	152.9
edamame	1 cup	254	11.5	1.3	0	25	19.9	7.6	--	22.2	261	970.2
eggplant (raw)	1 cup	20	0.2	0	0	2	4.8	2.9	2	0.8	7.6	193.2
fennel (raw)	1 cup	27	0.2	--	0	45	6.3	2.7	--	1.1	42.6	360.2
jicama (raw)	1 cup	46	0.1	0	0	5	10.6	5.9	2.2	0.9	14.4	180
ginger root	1 tsp.	2	0	0	0	0	0.4	0	0	0	0.3	8.3
ginger (pickled)	0.5 oz	9	0	0	0	160	2.4	0	1	0	0	--

FOOD	PORTION	CALORIES	FAT (g)	SAT. FAT (g)	CHOL. (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	CALCIUM (mg)	K (mg)
green beans (fresh/ raw)	1 cup	34	0.1	0	0	7	7.8	3.7	1.5	2	40.7	229.9
green beans (canned)	1 cup	27	0.1	0	0	3	6.1	2.6	1.3	1.6	35.1	147.2
No salt kale (raw)	1 cup	34	0.5	0.1	0	29	6.7	1.3	--	2.2	90.5	299.5
leeks (raw)	1 cup	54	0.3	0	0	18	12.6	1.6	3.5	1.3	52.5	160.2
mushrooms	1 cup	15	0.2	0	0	4	2.3	0.7	1.2	2.2	2.1	222.6

okra	1 cup	<b>31</b>	0.1	0	0	8	<b>7</b>	3.2	1.2	2	81	303
onions	1 cup	<b>48</b>	0.1	0	0	3	<b>11.6</b>	1.6	4.9	1.1	25.3	165.6
parsnip	1 cup	<b>100</b>	0.4	0.1	0	13	<b>23.9</b>	6.5	6.4	1.6	47.9	498.8
pumpkin	1 cup	<b>83</b>	0.7	0.4	0	12	<b>19.8</b>	7.1	8.1	2.7	63.7	504.7
radishes	1 cup	<b>19</b>	0.1	0	0	45	<b>3.9</b>	1.9	2.5	0.8	29	270.3
rhubarb	1 cup	<b>26</b>	0.2	0.1	0	5	<b>5.5</b>	2.2	1.3	1.1	104.9	351.4
rutabaga	1 cup	<b>50</b>	0.3	0	0	28	<b>11.4</b>	3.5	7.8	1.7	65.8	471.8
scallions	1 cup	<b>32</b>	0.2	0	0	16	<b>7.3</b>	2.6	2.3	1.8	72	276
seaweed spirullia	3.5 oz	<b>26</b>	0.4	0.1	0	98	<b>2.4</b>	--	--	5.9	12	127
snow peas	1 cup	<b>41</b>	0.2	0	0	4	<b>7.4</b>	2.5	3.9	2.7	42.1	196
spinach (cooked)	1 cup	<b>41</b>	0.5	0.1	0	126	<b>6.8</b>	4.3	0.8	5.3	244.8	838.8
spinach (raw)	1 cup	<b>7</b>	0.1	0	0	24	<b>1.1</b>	0.7	0.1	0.9	29.7	167.4
squash (boiled)	1 cup	<b>18</b>	0.2	0	0	11	<b>3.8</b>	1.2	2	1.4	17	296.1
tomato	1 cup	<b>32</b>	0.4	0.1	0	9	<b>7.1</b>	2.2	4.7	1.6	18	426.6
turnips	1 cup	<b>36</b>	0.1	0	0	87	<b>8.4</b>	2.3	4.9	1.2	39	248.3
water chestnuts	1 cup	<b>120</b>	0.1	0	0	17	<b>29.7</b>	3.7	6	1.7	13.6	724.2
zucchini (boiled)	1 cup	<b>18</b>	0.2	0	0	11	<b>3.8</b>	1.2	2	1.4	17	296.1
<i>Lettuce</i>												
Romaine	1 cup	<b>8</b>	0.1	0	0	4	<b>1.5</b>	1	0.6	0.6	15.5	116.1
Iceberg	1 cup	<b>8</b>	0.1	0	0	6	<b>1.6</b>	0.7	1	0.5	9.9	77.6
<i>Peppers</i>												
green	1 cup	<b>18</b>	0.2	0.1	0	3	<b>4.3</b>	1.6	2.2	0.8	9.2	161
red	1 cup	<b>24</b>	0.3	0.1	0	2	<b>5.5</b>	1.8	3.9	0.9	6.4	194.1
yellow	1 cup	<b>25</b>	0.2	0	0	2	<b>5.7</b>	0.8	--	0.9	10	192.7
<b>FRUITS (fresh)</b>												
apple (slices)	about 8	<b>35</b>	0	0	0	0	<b>9</b>	2	7	0	40	--
blueberries	1 cup	<b>83</b>	0.5	0	0	1	<b>21</b>	3.5	14.4	1.1	8.7	111.7
cantaloupe	1 cup	<b>54</b>	0.3	0.1	0	26	<b>13.1</b>	1.4	12.6	1.3	14.4	427.2
cherries w/ pits	1 cup	<b>74</b>	0.2	0	0	0	<b>18.7</b>	2.5	15	1.2	15.2	259.7
grapefruit	1 med.	<b>82</b>	0.3	0	0	0	<b>20.7</b>	2.8	17.9	1.6	30.7	355.8
honey dew	1 cup	<b>31</b>	0.2	0.1	0	31	<b>15.5</b>	1.4	13.8	0.9	10.2	387.6
kiwi	1 med.	<b>46</b>	0.4	0	0	2	<b>11.1</b>	2.3	6.8	0.9	25.8	237.1
kumquat	1 med.	<b>13</b>	0.2	0	0	2	<b>3</b>	1.2	1.8	0.4	11.8	35.3
lemon	1 med.	<b>24</b>	0.3	0	0	2	<b>7.8</b>	2.4	2.1	0.9	21.8	115.9
lime	1 med.	<b>20</b>	0.1	0	0	1	<b>7.1</b>	1.9	1.1	0.5	22.1	68.3

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nectarine	1 cup	<b>64</b>	0.4	0	0	0	<b>14.6</b>	2.3	10.9	1.5	8.3	277.4
peach	1 cup	<b>66</b>	0.4	0	0	0	<b>16.2</b>	2.6	14.3	1.5	10.2	323
pear (Bosc)	1 cup	<b>96</b>	0.2	0	0	2	<b>25.5</b>	5.1	16.2	0.6	14.9	196.4
pear (Asian)	1 fruit											
raspberries	3 3/8" 10	<b>116</b> <b>10</b>	0.6 0.1	0 0	0 0	0 0	<b>29.3</b> <b>2.3</b>	9.9 1.2	19.4 0.8	1.4 0.2	11 4.8	332.8 28.7
strawberries	1 cup	<b>53</b>	0.5	0	0	2	<b>12.7</b>	3.3	7.7	1.1	26.6	254
watermelon	1 cup	<b>46</b>	0.2	0	0	2	<b>11.5</b>	0.6	9.4	0.9	10.6	170.2
<i>Plum</i>												
Java-plum (Jambolan)	3 fruits 0.3 oz	<b>5</b>	0	--	0	1	<b>1.4</b>	--	--	0.1	1.7	7.1

Natal (no skin)	1	<b>12</b>	0.3	--	0	1	<b>2.7</b>	--	--	0.1	2.2	52
Natal	1 cup	<b>93</b>	2	--	0	5	<b>20.4</b>	--	--	0.8	16.5	390
Pluot (plum-apricot)	2 med. 5 oz.	<b>80</b>	0	0	0	1	<b>19</b>	3	15	1	--	--
<b>DRINKS</b>												
spring water	8 oz	<b>0</b>	0	0	0	0	<b>0</b>	0	0	0	0.3	--
<i>Crystal Light (on the go)</i>												
antioxidant	1/2 packet	<b>0</b>	0	0	0	10	<b>0</b>	0	0	0	--	15
immunity	1/2 packet	<b>5</b>	0	0	0	10	<b>&lt;1</b>	0	0	0	0	0
hydration	1/2 packet	<b>5</b>	0	0	0	75	<b>0</b>	0	0	0	--	--
peach tea	packet	<b>5</b>	0	0	0	0	<b>0</b>	0	0	0	--	--
<i>Tea</i>												
decaf green	1 pack 7 oz 1 bag	<b>0</b>	0	0	0	6	<b>0</b>	0	0	0	0	-- 0
<i>Coffee</i>												
decaf	1 pack 7 oz	<b>0</b>	0	0	--	--	<b>0</b>	--	--	0	--	--
<b>Sweeteners &amp; Creamers</b>												
<i>Splenda</i>												
French Vanilla	1 packet	<b>4</b>	0	0	0	0	<b>&lt;1</b>	0	0	--	--	--
regular	1 packet	<b>4</b>	0	0	0	0	<b>&lt;1</b>	0	0	0	--	--
<i>Fat-free Creamers</i>												
Non-dairy French vanilla	1 tbsp.	<b>25</b>	0	0	0	0	<b>5</b>	0	4	0	0	--
Non-dairy original	1 tbsp.	<b>10</b>	0	0	0	0	<b>2</b>	0	0	0	0	--
<i>Sugar-Free Creamer</i>												
Non-dairy French vanilla	1 tbsp. liquid	<b>15</b>	1	0	0	5	<b>1</b>	0	0	0	0	--