

## Valencia Diet

Meal	Beginner/Feeling Good	Looking Great	Master
Breakfast	3 Fruits 1 NM-Protein	1 Large Fruit 1 NM-Protein	1 Large Fruit
Snack	1 Large Fruit	1 Fruit	1 NM-Protein
Total	600		
Lunch	3 Veggies 1 Protein 1 Carb	3 Veggies 1 Protein/Carb	3 Veggies 1 P/C
Cheat	Whatever (M/W/S/S)	Whatever (W/S/S)	Whatever (S/S)
Total	500		
Dinner	Salad 1 NM-Protein 1 Fruit	Salad 1 Large Fruit	Salad 1 Fruit
Total	700		

**Total: 1800**

- Fruit = Fist Size
- Large Fruit = 2 Fist Size
- Non-Meat Protein: Cashews/Nuts, Egg
- Protein = Chicken, Steak, Fish
- Protein/Carb = Quinoa, Beans, Protein Milk/Shake, Tofu
- Whatever = You can eat whatever you want for that meal including 1 small soda

## Calories in Common Foods

Food	Serving Size	Calories	kJ
<b>Fruit</b>			
Apple	1 (4 oz.)	59	247
Banana	1 (6 oz.)	151	632
Grapes	1 cup	100	419
Orange	1 (4 oz.)	53	222
Pear	1 (5 oz.)	82	343
Peach	1 (6 oz.)	67	281
Pineapple	1 cup	82	343
Strawberry	1 cup	53	222
Watermelon	1 cup	50	209
<b>Vegetables</b>			
Asparagus	1 cup	27	113
Broccoli	1 cup	45	188
Carrots	1 cup	50	209
Cucumber	4 oz.	17	71
Eggplant	1 cup	35	147
Lettuce	1 cup	5	21
Tomato	1 cup	22	92
<b>Proteins</b>			
Beef, regular, cooked	2 oz.	142	595
Chicken, cooked	2 oz.	136	569
Tofu	4 oz.	86	360
Egg	1 large	78	327
Fish, Catfish, cooked	2 oz.	136	569
Pork, cooked	2 oz.	137	574
Shrimp, cooked	2 oz.	56	234
<b>Common Meals/Snacks</b>			
Bread, white	1 slice (1 oz.)	75	314
Butter	1 tablespoon	102	427
Caesar salad	3 cups	481	2014
Cheeseburger	1 sandwich	285	1193

Hamburger	1 sandwich	250	1047
Dark Chocolate	1 oz.	155	649
Corn	1 cup	132	553
Pizza	1 slice (14")	285	1193
Potato	6 oz.	130	544
Rice	1 cup cooked	206	862
Sandwich	1 (6" Subway Turkey Sandwich)	200	837
<b>Beverages/Dairy</b>			
Beer	1 can	154	645
Coca-Cola Classic	1 can	150	628
Diet Coke	1 can	0	0
Milk (1%)	1 cup	102	427
Milk (2%)	1 cup	122	511
Milk (Whole)	1 cup	146	611
Orange Juice	1 cup	111	465
Apple cider	1 cup	117	490
Yogurt (low-fat)	1 cup	154	645
Yogurt (non-fat)	1 cup	110	461

\* 1 cup = ~250 milliliters, 1 table spoon = 14.2 gram

## Macronutrients in Common Foods

Food	Serving Size	Protein	Carbs	Fat
<b>Fruit</b>				
Apple	1 (4 oz.)	0.27g	14.36g	0.18g
Banana	1 (6 oz.)	1.85g	38.85g	0.56g
Grapes	1 cup	1.15g	28.96g	0.26g
Orange	1 (4 oz.)	0.79g	11.79g	0.23g
Pear	1 (5 oz.)	0.54g	21.91g	0.17g
Peach	1 (6 oz.)	1.2g	12.59g	0.33g
Pineapple	1 cup	0.84g	19.58g	0.19g
Strawberry	1 cup	1.11g	12.75g	0.5g
Watermelon	1 cup	0.93g	11.48g	0.23g
<b>Vegetables</b>				
Asparagus	1 cup	2.95g	5.2g	0.16g
Broccoli	1 cup	2.57g	6.04g	0.34g
Carrots	1 cup	1.19g	12.26g	0.31g
Cucumber	4 oz.	0.67g	2.45g	0.18g
Eggplant	1 cup	0.98g	5.88g	0.18g
Lettuce	1 cup	0.5g	1.63g	0.08g
Tomato	1 cup	1.58g	7.06g	0.36g
<b>Proteins</b>				
Beef, regular, cooked	2 oz.	14.2g	0g	10.4g
Chicken, cooked	2 oz.	16g	0g	1.84g
Tofu	4 oz.	7.82g	2.72g	3.06g
Egg	1 large	6.29g	0.38g	4.97g
Fish, Catfish, cooked	2 oz.	9.96g	4.84g	8.24g
Pork, cooked	2 oz.	15.82g	0g	8.26g
Shrimp, cooked	2 oz.	15.45g	0.69g	1.32g
<b>Common Meals/Snacks</b>				
Bread, white	1 slice (1 oz.)	1.91g	12.65g	0.82g
Butter	1 tablespoon	0.12g	0.01g	11.52g
Caesar salad	3 cups	16.3g	21.12g	45.91g
Cheeseburger	1 sandwich	14.77g	31.75g	15.15g

Hamburger	1 sandwich	14.61g	26.81g	10.97g
Dark Chocolate	1 oz.	1.57g	16.84g	9.19g
Corn	1 cup	4.3g	30.49g	1.64g
Pizza	1 slice (14")	13.32g	33.98g	12.13g
Potato	6 oz.	4.47g	36.47g	0.22g
Rice	1 cup cooked	4.2g	44.08g	0.44g
Sandwich	1 (6" Subway Turkey Sandwich)	18g	46g	3.5g
<b>Beverages/Dairy</b>				
Beer	1 can	1.64g	12.64g	0g
Coca-Cola Classic	1 can	0g	39g	0g
Diet Coke	1 can	0g	0g	0g
Milk (1%)	1 cup	8.22g	12.18g	2.37g
Milk (2%)	1 cup	8.05g	11.42g	4.81g
Milk (Whole)	1 cup	7.86g	11.03g	7.93g
Orange Juice	1 cup	1.74g	25.79g	0.5g
Apple cider	1 cup	0.15g	28.97g	0.27g
Yogurt (low-fat)	1 cup	12.86g	17.25g	3.8g
Yogurt (non-fat)	1 cup	13.01g	17.43g	0.41g