



'A Place of Clarity'

HCG Calorie Counter

Protein		Calorie per 100 Grams		
White Fish		93		
Crab Meat		100		
Flounder		90		
Snapper		110		
Shrimp/Prawn		110		
Scallops 2 x large 5 x small		86		
Tinned Tuna in spring water		86		
Very Lean Beef		152		
Chicken Breast		87		
Veal		114		
Venison		92		
Low-fat Cottage Cheese		90		
Milk (1x Tbs)		9		
Egg (x1)*	Small = 54 Med = 63	Lge = 72	Ex lrg = 80	Jumbo = 90

* For an omelette you may add 2 extra egg whites. Only one yolk as this contains the fat

Fruit and Bread	Calorie Count
Apple (small)	55
Apple (medium)	90
Orange (navel)	69
Strawberries (200grams)	52
Grapefruit (NZ Poorman)	40
Pink Grapefruit (Californian)	92
Grissini Bread Stick *	20
1 x slice Light Double baked Bread **	10 grams = 32 15 grams = 48

* Bread sticks can be found in the International section of your supermarket

** Bake bread in oven at 120 degrees for 30 minutes the turn off oven and let cool.

Vegetable	Per 100 grams
Asparagus	20
Alfalfa Sprouts	20
Broccoli	34
Brussels Sprouts	25
Cabbage	24
Celery	15
Choko	40
Cauliflower	22
Cucumber	12
Garlic 1 clove	5
Kale	50
Leek whole	10



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Lettuce all varieties	20
Marrow	20
Mung Bean Sprouts	20
Mustard Greens	30
Onions Medium	30
Pikopiko	20
Puha	20
Rocket	20
Shallots x 3 small	5
Silver beet	15
Spinach	15
Watercress	20
Zucchini /Courgette	30
Tomato	100grms 20 calories 1 cup 27 calories