



# OPERATION MILF

## CALORIE INDEX

	CALORIES	(PROTEINS, CARBS, FATS)
4 OZ OF GROUND TURKEY	231 Calories	(22g, 0g, 8g)
4 OZ OF GROUND CHICKEN	265 Calories	(30g, 0g, 15g)
4 OZ OF CHICKEN BREAST	187 Calories	(26g, 0g, 1g)
4 OZ OF COD	93 Calories	(20g, 0g, .1g)
4 OZ OF MAHI MAHI	96 Calories	(21g, 0g, .1g)
4 OZ OF NY STRIP	132 Calories	(26g, 0g, 3g)
4 OZ OF SALMON	236 Calories	(24g, 0g, 8g)
4 OZ OF TILAPIA	146 Calories	(30g, 0g, 3g)
4 OZ OF TUNA	149 Calories	(27g, 0g, 3.5g)
4 OZ OF ASPARAGUS	21 Calories	(2.6g, 4.5g, 2.5g)
4 OZ BAKED POTATO	106 Calories	(2.3g, 20g, .1g)
4 OZ OF BROCCOLI	20 Calories	(2g, 1g, 0g)
4 OZ OF BRUSSEL SPROUTS	49 Calories	(3g, 8g, 3g)
4 OZ OF CARROTS	50 Calories	(1g, 11g, 0g)
4 OZ OF CAULIFLOWER	28 Calories	(2.25g, 6g, .1g)
4 OZ OF CORN	98 Calories	(3.6g, 22g, 1.3g)
4 OZ OF EDAMAME	138 Calories	(18g, 14g, 3.4g)
4 OZ GREEN BEANS	35 Calories	(2g, 8g, 1g)
4 OZ OF MUSHROOMS	25 Calories	(3.5g, 3.7g, 4g)
4 OZ OF PASTA	150 Calories	(5.8g, 28.4g, 1.2g)
2 OZ OF QUINOA	160 Calories	(6g, 31g, 2.5g)
4 OZ OF RICE	148 Calories	(3g, 32g, 3g)
4 OZ SQUASH	19 Calories	(1.3g, 3.6g, 1g)
4 OZ OF SWEET POTATO	97 Calories	(1.8g, 23g, 1g)
4 OZ OF ZUCCHINI	17 Calories	(3.8g, 1.4g, 3g)
1 OZ OF RED SAUCE	16 Calories	(.5g, 3.2g, 6g)
1 OZ OF WHITE SAUCE	41 Calories	(1g, 2.6g, 3g)
CUCUMBER SALAD W/VINAIGRETTE	217 Calories	(3.3g, 9g, 3g)
SPRING MIX SALAD	122 Calories	(10.2g, 7g, 7g)
SPINACH	112 Calories	(2.5g, 6.2g, 1g)
ITALIAN	80 Calories Per Serving	(0g, 2g, 8g)
POPPY	65 Calories Per Serving	(0g, 8g, 10g)
RANCH	120 Calories Per Serving	(0g, 2g, 13g)
HABANERO RANCH	100 Calories Per Serving	(0g, 2g, 11g)
VINAIGRETTE	50 Calories Per Serving	(0g, 3g, 4.5g)