

2-3 Topping
Meduim

Calories: Fat Cal. Total Fat: Sat. Fat: Chol.: Sodium: Total Carb:

Meat:

Canadian Bacon	47	20	2.2	0.6	22	420	0
Bacon	424	284	31.5	10.4	140	1820	0
Beef	81	63	7	2.8	12	754	4.6
Chicken	121	32	3.5	1.1	52	1167	1.2
Pepperoni	137	117	13	5.9	35	470	0
Sausage	147	93	10.3	3.1	19	688	3.9
Italian Sausage	193	149	16.6	5.6	29	670	2.6
Shrimp	69	11	1.2	0	102	98	0.7
Anchovies	51	30	3.3	0	20	1400	0

Veggies/Others:

Onions	20	0	0	0	0	1	4.6
Green Peppers	9	0	0	0	0	0	2
Red Peppers	6	0	0	0	0	0	1.4
Mushrooms	15	0	0	0	0	0	2.3
Portabello Mushrooms	18	0	0	0	0	0	2.2
Black Olives	58	37	4.1	0	0	383	5.3
Green Olives	70	64	7.1	0	0	992	1.4
Tomatoes	12	3	0.3	0	0	1	2
Pineapple	35	0	0	0	0	0	8.7
Jalepeno Peppers	6	0	0	0	0	723	1.4
Banana Peppers	6	0	0	0	0	720	1.5
Sun Dried Tomatoes	108	0	0	0	0	60	21
Broccoli	15	1	0.1	0	0	11	2.2
Spinach	3	0	0	0	0	11	0.5
Garlic	0	0	0	0	0	0	0
Avocados	268	219	24.3	0	0	0	8.1
Cashews	501	340	37.8	7	0	331	28.4
Sunflower Seeds	145	113	12.6	1.1	0	87	3.2
Artichoke Hearts	11	0	0	0	0	137	2

D. Fiber: Protien:

0	6.8
0	35
1.2	0
0	21
0	5
2.6	9.6
1.9	8.3
0	13.8
0	5.3
0.9	0.3
0.6	0.3
0.5	0
0	1.5
0	2.2
0	0
0	0
0.3	0.3
0.5	0
0	0
0	0
6	6
1.3	1.3
0.3	0.3
0	0
4.1	4.1
2.4	11.8
1.6	4.7
0.7	0.7