

Food Name	Units	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Coffee	mug (8 fl oz)	3.00	14	0	3	1
Southern Home Half and Half	fl oz	2.00	80	6	2	2
Egg, whole, raw	large	2.00	149	10	1	12
Cheese, Swiss	oz	0.70	75	5	1	6
Hot Chili Peppers (5 per serving)	serving	1.00	10	0	1	
Lettuce, raw	cup, shredded or chopped	4.00	26	0	5	2
Chicken, breast, broiled	oz	3.00	166	7	0	25
Blue or roquefort cheese dressing	oz	1.50	214	22	3	2
Cheese, Blue or Roquefort	oz	1.00	100	8	1	6
Spaghetti sauce	cup	1.00	143	5	21	4
Shirataki Noodles (1 Serving)	serving	2.00	40	1	6	2
Nutty Apple Crisp (1 serving)	serving	0.50	200	11	25	2
Ice cream	cup	0.50	134	7	16	2
Beef, ground, 80% lean meat / 20% fat, raw (a.k.a. hamburger)	oz	4.00	288	23	0	19
Foods on Thu Jan 03			1,639	106	84	86