

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
Eggplant and meat casserole	cup	1.00	299	19	15	16
Chicken, breast, broiled	oz	3.00	166	7	0	25
Cheese, Cheddar or American type	oz	2.00	203	16	3	12
Bacon, cooked	medium slice (yield after cooking)	2.00	92	8	0	5
Beans, string, green, cooked	cup, NS as to from fresh, frozen...	1.00	83	4	11	3
Mixed salad greens, raw	cup, shredded or chopped	3.00	27	0	5	3
Roma Tomato	serving	1.00	35	1	7	1
Chicken wing with hot pepper sauce	piece	5.00	368	26	0	31
Miller Lite	serving	1.50	144	0	5	1
Nachos with chili	oz	4.00	191	10	22	7
Sugared pecans (sugar and egg white coating)	cup	0.50	221	19	13	3
Milk, condensed, sweetened	fl oz	1.00	123	3	21	3
Foods on Sat Jan 05			2,046	119	106	112