

Food Name	Units	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Apple, raw	oz	8.00	134	1	35	0
Banana, raw	medium (7" to...	2.00	217	1	55	2
Walnuts	oz (14 halves)	1.00	185	18	4	4
Orange, raw	small (2-3/8" ...	2.00	90	0	23	2
Egg, whole, raw	large	2.00	149	10	1	12
Spices, pepper, black	dash	1.00	0	0	0	0
Salt, table	dash	1.00	0	0	0	0
Tea, herbal	mug (8 fl oz)	3.00	7	0	1	0
Blue Cheese Chopped Salad (8 Servings)	serving	1.50	490	44	18	10
Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, ra...	oz	5.00	322	23	0	27
Cherries, sweet, raw (Queen Anne, Bing)	cherry	10.00	49	1	11	1
Grapes, raw	oz	4.00	81	1	20	1
Foods on Fri Jan 11			1,724	99	169	60