

Food Name	Units	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Banana, raw	medium (7" to 7-7/8" long)	2.00	217	1	55	2
Apple, raw	oz	3.00	50	0	13	0
Orange, raw	small (2-3/8" dia)	1.00	45	0	11	1
Beef steak	oz, boneless, cooked	2.50	179	11	0	20
Egg, whole, raw	large	2.00	149	10	1	12
Butter, stick, salted	tablespoon	0.50	51	6	0	0
Roma Tomato	serving	0.50	18	1	4	1
Onions, young green, raw	oz	1.00	9	0	2	1
Pork, fresh, loin, country-style ribs, separable lean and fat, raw	oz	6.00	410	32	0	29
Avocado - Feta Salsa (18 oz)	oz	6.00	264	22	12	7
Cherries, sweet, raw (Queen Anne, Bing)	cherry	10.00	49	1	11	1
Pecans	oz (20 halves)	1.00	196	20	4	3
Rice, fried, with meat and/or poultry	cup	0.50	165	6	21	6
<b>Foods on Sun Jan 13</b>			<b>1,802</b>	<b>110</b>	<b>134</b>	<b>83</b>