

| Food Name  | Units                  | Amount | Calories   | Fat (g)  | Carbs (g) | Protein (g) |
|--|------------------------|--------|------------|----------|-----------|-------------|
| Apple, raw   | oz                     | 2.70   | 45         | 0        | 12        | 0           |
| Beef, ground, 95% lean meat / 5% fat, raw (a.k.a. hamburger) | gram                   | 100.00 | 137        | 5        | 0         | 21          |
| Tomatoes, raw  | oz                     | 8.00   | 48         | 1        | 11        | 2           |
| Pacific Foods Organic Beef Broth (1 Cup)                     | cup                    | 0.50   | 13         | 1        | 1         | 2           |
| Cajun Seasoning (1/4 tsp)                                    | teaspoon               | 0.50   | 0          |          |           |             |
| Bragg's Amino Acids  | oz                     | 0.16   | 2          | 0        | 0         | 0           |
| Cilantro, raw  | oz                     | 0.20   | 1          | 0        | 0         | 0           |
| Grapefruit, raw  | medium (approx 4" dia) | 0.50   | 41         | 0        | 10        | 1           |
| Lettuce, looseleaf, raw                                      | oz                     | 6.00   | 31         | 1        | 6         | 2           |
| <b>Foods on Sat Jan 26</b>                                   |                        |        | <b>318</b> | <b>7</b> | <b>39</b> | <b>29</b>   |