

Food Name	Units	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Grapefruit, raw	medium (approx 4" dia)	0.50	41	0	10	1
Napa Cabbage (1 Cup)	cup	2.00	20		4	2
Chicken, broilers or fryers, breast, meat only, raw	oz	3.50	109	1	0	23
Sambal Oelek	teaspoon	1.00	0		1	
Fish sauce (bagoong)	oz	0.50	5	0	1	1
Garlic, raw	clove	1.00	4	0	1	0
Cilantro, raw	oz	0.20	1	0	0	0
Grapefruit, raw	medium (approx 4" dia)	0.50	41	0	10	1
Coffee	mug (8 fl oz)	6.00	28	0	6	1
Southern Home Half and Half	tablespoon	3.00	60	4	2	2
<b>Foods on Fri Feb 01</b>			<b>310</b>	<b>6</b>	<b>35</b>	<b>30</b>