

Food Name	Units	Amount	Calories	Fat (g)	Carbs ...	Protein (g)
Coffee	mug (8 fl oz)	3.00	14	0	3	1
Southern Home Half and Half	tablespoon	6.00	120	8	3	3
Orange, raw	large (3-1/16" dia)	1.00	86	0	22	2
Apple, raw	oz	4.00	67	0	17	0
Lettuce, raw	oz, raw, yields	5.00	16	0	3	1
Cheese, Feta	oz	1.00	75	6	1	4
Homemade Oil and Vinegar (6 servings)	serving	1.00	163	18	1	0
Chicken, breast, skin not eaten	oz, boneless, cooked (yi...	2.10	89	2	0	17
Low Fat Cottage Cheese (124 grams)	oz	5.10	105	3	7	14
Banana, raw	oz yields	5.60	93	0	24	1
Coconut Bark (4 Servings)	serving	4.00	553	59	3	1
Peanuts	oz	1.00	165	14	5	7
Alcoholic beverage, wine, table, white	fl oz	5.00	100	0	1	0
Chicken, breast, skin not eaten	oz, boneless, cooked (yi...	4.00	170	4	0	32
Beef, ground, 95% lean meat / 5% fat, raw (a.k.a. hamburger)	oz	4.00	155	6	0	24
Foods on Fri Mar 28			1,972	121	91	108