

| Food Name | Units | Amount | Calories | Fat (g) | Carbs (g) | Protein (g) |
|------------------------------------|---|--------|--------------|------------|-----------|-------------|
| Chicken, breast, skin not eaten | oz, boneless, cooked (yield after skin removed) | 4.00 | 170 | 4 | 0 | 32 |
| 100% Pure Beef Homestyle Patties | serving | 1.00 | 240 | 18 | 0 | 19 |
| Houston Dip - 12 Servings | serving | 2.00 | 558 | 49 | 14 | 19 |
| Egg, whole, raw | large | 2.00 | 149 | 10 | 1 | 12 |
| Bacon, cooked | thin slice (yield after cooking) | 1.00 | 29 | 2 | 0 | 2 |
| Cheese, Swiss | slice (1 oz) | 0.70 | 75 | 5 | 1 | 6 |
| Extra Virgin Coconut Oil | gram | 7.00 | 65 | 7 | | |
| 100% Pure Beef Homestyle Patties | serving | 1.00 | 240 | 18 | 0 | 19 |
| Cheese | oz | 0.70 | 71 | 5 | 1 | 5 |
| Lettuce, raw | oz, raw, yields | 7.00 | 23 | 0 | 4 | 2 |
| Blue or roquefort cheese dressing | tablespoon | 4.00 | 308 | 32 | 5 | 3 |
| Chicken wing with hot pepper sauce | piece | 5.00 | 368 | 26 | 0 | 31 |
| Beer | can or bottle (12 fl oz) | 2.00 | 295 | 0 | 27 | 2 |
| Foods on Sat Mar 29 | | | 2,590 | 178 | 52 | 151 |