

Food Name	Units	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Extra Virgin Coconut Oil	oz	0.16	42	5		
Egg, whole, raw	large	2.00	149	10	1	12
Kraft Mexican Cheese (Cheddar Jack) - 1/4 cup = ...	fl oz	0.25	14	1	0	1
Bacon, cooked	thin slice (yield after cooking)	1.00	29	2	0	2
Coconut Bark (4 Servings)	serving	0.25	35	4	0	0
Extra Virgin Coconut Oil	oz	0.13	33	4		
Cocoa, dry powder, unsweetened, HERSHEY'S ...	tbsp	0.06	1	0	0	0
Vanilla extract	tsp	0.03	0	0	0	0
Cheese, Monterey	oz	1.00	106	9	0	7
Pork chop	large (8 oz, with bone, raw) (yield ...	2.00	636	37	0	71
Tomatoes, raw	oz	7.00	42	1	9	2
Cheese, Blue or Roquefort	oz	1.00	100	8	1	6
Olive oil	tablespoon	1.00	119	14	0	0
Balsamic Vinegar	tablespoon	1.00	5		3	
Shrimp, cooked	medium shrimp (shelled)	10.00	72	1	1	14
Broccoli, raw	oz	6.00	48	1	9	5
Coconut Bark (4 Servings)	serving	1.00	138	15	1	0
Extra Virgin Coconut Oil	oz	0.50	132	15		
Cocoa, dry powder, unsweetened, HERSHEY'S ...	tbsp	0.25	5	0	1	0
Vanilla extract	tsp	0.13	2	0	0	0
Almonds	oz (22 whole kernels)	0.50	82	7	3	3
Cocoa, dry powder, unsweetened, HERSHEY'S E...	tbsp	0.33	7	0	1	0
Extra Virgin Coconut Oil	oz	0.50	132	15		
Cheese, cream	oz	0.70	69	7	1	1
Foods on Tue Apr 08			1,823	135	29	124