

Food Name	Units	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Coffee	mug (8 fl oz)	3.00	14	0	3	1
Southern Home Half and Half	tablespoon	10.00	200	14	5	5
Cheese, Monterey	oz	1.40	148	12	0	10
Broccoli, cooked	oz	5.00	38	0	7	4
Shrimp, cooked	large shrimp (shelled)	5.00	43	1	0	8
Lettuce, raw	oz, raw, yields	5.00	16	0	3	1
Tomatoes, raw	oz	3.00	18	0	4	1
Chicken, breast, skin not eaten	oz, boneless, raw, without skin (yi...	7.50	221	5	0	42
Cheese, Blue or Roquefort	oz	2.00	200	16	1	12
Blue or roquefort cheese dressing	tablespoon	2.00	154	16	2	1
Chicken, thigh, skin not eaten	oz, boneless, raw, without skin (yi...	6.00	236	12	0	29
Del Monte Green Beans No Salt (121 grams)	oz	14.50	68		14	3
Hunt's No Salt Tomato Sauce (62 grams)	oz	8.00	73		18	4
Cocoa, dry powder, unsweetened, HERSHEY'S E...	tbsp	1.00	20	1	3	1
Foods on Wed Apr 09			1,450	78	61	122