Date	Name	Type	Quantity	Units	Calories	Fat (g)	Protein (g)
7/3/2017	Onion, Vidalia, Chopped	Lunch	1	Cup	64	0.16	1.76
	Peppers, Bell, Red, Sweet, Sliced		1	Cup	46	0.45	1.48
	Peppers, Jalapeno, Raw		48	Grams	14	0.3	0.65
	Beans, Green, Fresh		2	Cups	62	0.44	3.66
	Chicken, Breast, Lean, Raw		200	Grams	210	4	44
	Broccoli, Florets, Raw		2	Cups	62	0.6	5.2
	Spinach, Baby, Fresh		4	Cups	28	0.47	3.43
	Mushrooms, Pieces/Slices		2	Cups	31	0.48	4.33
	Shirataki Tofu Noodles		8	Ounces	20	1	1.8
	Mushrooms, Pieces/Slices	Dinner	2	Cups	31	0.48	4.33
	Shirataki Tofu Noodles		8	Ounces	20	1	1.8
	Peppers, Bell, Yellow, Sweet, Large, 4		0.5	Each	25	0.2	0.93
	Onion, Vidalia, Chopped		0.5	Cup	32	0.8	0.88
	Spinach, Baby, Fresh		4	Cups	28	0.47	3.43
	Boiled Skinless Chicken Breast		5	Ounces	43	1	8
	Molly McButter		2	Teaspoons	10	0	0
Total					**726**	**11.85**	**85.68**
						106.65	**342.72**

Carbohydrates (g)	Saturated Fat (g)	Sugars (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
14.94	0.6	6.78	2.72	0	6.4
8.98	0.3	6.26	3.13	0	5.96
2.83	0.3	1.66	1.34	0	0.48
13.94	0.1	6.52	5.4	0	12
0	2	0	0	118	82
12	0	3.2	4.8	0	60
4.36	0.7	0.5	2.64	0	94.8
4.56	0.7	2.77	1.4	0	7
6	n/a	0	4	0	30
4.56	0.7	2.77	1.4	0	7
6	n/a	0	4	0	30
5.88	0.3	0	0.84	0	1.86
7.47	0.3	3.39	1.36	0	3.2
4.36	0.7	0.5	2.64	0	94.8
0	0	0	0	n/a	n/a
2	0	0	0	0	360
97.88	**6.7**	**34.35**	**35.67**	**118**	**795.5**
391.52					
840.89					